

Celebrity Buzz

Wood tries to kick the drink
pg 22



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N.L. premier to have heart surgery outside province

POLITICS Newfoundland and Labrador Premier Danny Williams has left the province for heart surgery later this week, but his office wouldn't say yesterday whether it will be done in Canada or the United States.

Spokeswoman Elizabeth Matthews didn't disclose the details of the procedure or say exactly when or where it will occur.



"I can confirm that Premier Williams did leave the province this

morning and will be undergoing heart surgery later this week," she said in an email.

The CBC reported Williams would undergo the procedure in the U.S., but didn't cite a source.

Deputy premier Kathy Dunderdale is expected to release more details early today at a news conference.

THE CANADIAN PRESS

News on the Move

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Learn how to scan the barcode with the instructions at the top of pg 3



Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

- Today — Skaters hope chemistry mixes into gold, page 12



On the web

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A man walks past the wave sculpture yesterday along the Halifax waterfront. Today's forecast calls for frigid temperatures and winds gusting to 50 kilometres per hour.

Cold enough for you?

Environment Canada issues weather statement as temperatures plummet

ALEX BOUTILIER
for Metro Halifax



It's going to be cold — damn cold.

Haligonians were expected to face temperatures of roughly -15°C this morning on their commute to work. Throw in some strong northwest winds that should reach 50 km/h and it will actually feel more like -26°C .

Environment Canada spokeswoman Cindy Vallis said the frigid temperatures and high winds aren't expected to reach the level of a windchill warning, but it was cold enough to issue a weather statement for several parts of the province.

"The main thing is it's going to be really cold (today), so bundle up. With these cold temperatures, it doesn't take long for the skin to be affected, to freeze."

Cindy Vallis, Environment Canada

"Our threshold is -35°C , so we're going to be monitoring it to see how the temperatures are affected over the next couple of days," Vallis said yesterday afternoon. "But temperatures are going to be colder over the next 48 hours."

According to Vallis, it could be even colder tonight, but the winds are expected to weaken. The high for today is expected to reach only -12°C . It is forecast to drop to -18°C

overnight.

"By that time, we've got a ridge moving in, so the wind will be much lighter, so the windchill won't be as apparent," she explained.

"The main thing is it's going to be really cold (today), so bundle up," Vallis added. "With these cold temperatures, it doesn't take long for the skin to be affected, to freeze."

Halifax resident Joanne Lawson was unconcerned

when approached on the topic of cold weather yesterday. She said she will take the winter weather as it comes.

"It's winter. I mean, I never really look at winter or the weather as good or bad. It just is what it is," Lawson said. "It's Canada."

The eastern and northern sections of mainland Nova Scotia are expected to be the coldest parts of the province today, with temperatures dropping below -30°C with the windchill.

While yesterday saw temperatures almost balmy at about -3°C , temperatures were frigid over the weekend, reaching the low negative teens.

New Year's Eve death leads to second-degree murder charge

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CRIME RCMP have charged a 20-year-old Dartmouth man with second-degree murder in connection with the death of another at a New Year's Eve party in Antigonish.

Police say they intend to issue a warrant for the arrest of Robert Harris Lamb today. He had not been located as of yesterday evening.

Jonathan Beaton, a 25-year-old from Southside Harbour, Antigonish Co., was rushed to hospital with stab

wounds after a major brawl

broke out at a rented residence at 123 College St., shortly after midnight Jan. 1. He died a few hours later.

Three other men are already facing charges in connection with the fight. Christopher David Fordham, 19, of Antigonish was charged with attempted murder, aggravated assault and two counts of assault causing bodily harm.

Those charges do not relate directly to Beaton's death, police said. Julian Frederick Chittick, 24, of Halifax is facing five weapons charges, and single charges of uttering threats, assault with a weapon and breaching a court order.

An 18-year-old Dartmouth man whose identity is protected because of his age is charged with assault.

Wanted

- Robert Harris Lamb is wanted on at least five other warrants including breaching release conditions, failing to attend court and obstructing police.

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Local

Tickets available for singer David Gray

British singer-songwriter David Gray, left, is coming to the Halifax Metro Centre May 28 at 8 p.m. as part of his Draw the Line 2010 tour. With 12 million album sales, including White Ladder, the Grammy-nominated artist is playing to audiences in both Europe and across North America this winter and spring. Tickets go on sale Saturday at 9 a.m. and are \$39.50 to \$52.50, plus service charges. Tickets are available through all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221.

METRO HALIFAX

Residents offer fiscal input

HRM talks taxes, business incentives with finance minister

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Hundreds of Halifax-area residents got a lesson on the complexities of provincial budgets yesterday courtesy of Finance Minister Graham Steele.

Steele, who is hosting a series of public consultations on how to bring the province back into fiscal balance, landed in HRM for two separate sessions in Dartmouth and Eastern Passage.

The first event, held at the Dartmouth North Community Centre, attracted a crowd of more than 200 that included teachers, health-care workers, students, retirees, and business owners — all with their own ideas about how to keep the province's deficit from ballooning to \$1.4 billion by 2013.

"Even though we're in a recession, we have to build towards tomorrow," said Gina Boyd, a mother of four who works at a local health centre. "I don't want to see valuable services cut, especially in public education."

Will Vandermeulen, a 24-year-old NSCAD student, said he wasn't sure what to expect from the proceedings.

"I'm just here to be a part of the discussion," he said.

The participants were divided into groups and given 45 minutes to answer a se-



Kevin Chapman gives his group's ideas on dealing with the province's deficit during Finance Minister Graham Steele's Back to Budget meeting yesterday at the Dartmouth North Community Centre.

Next steps

- The finance minister's road show has now completed seven of its 23 scheduled stops. The next meetings are set for Monday in Kentville and Wolfville.

ries of questions about how to cut the deficit, and how long the process should take.

"We don't have enough money to fund every good idea," Steele warned the crowd. "We can only afford

great ideas."

The suggestions, shared at the end of the meeting, ranged from creating new incentives to attracting new business owners, to increasing the number of income-tax brackets in the province.

Steele said some common themes have emerged at most of the meetings. Many people seem to agree, for example, that it should take between three to five years to balance the provincial budget.

"We're just getting to the point where people are starting to understand the size of the problem," he said. "We need to be talking about solutions that add up to \$1.4 billion ... so it's not easy."

Police break up dance party at York Redoubt

ALEX BOUTILIER
for Metro Halifax

RAID Halifax Regional Police broke up a late-night dance party at the York Redoubt National Historic Site late Saturday night, which resulted in an unresponsive 18-year-old female being taken to hospital.

Police say they tracked the party, which they refer to as a "rave," to an abandoned bunker at York Redoubt, which is located in the Purcells Cove area.

Police say about 120 people, estimated to be between the ages of 15 and 20, were found at the site and in the surrounding woods.

According to police spokesman Const. Brian Palmeter, partygoers bused to an area between Purcell's Cove Road and Ferguson's Cove Road. They then accessed the site by breaking the lock to a fenced-in access road and cutting through the woods on foot.

During the raid, police allege officers observed several partygoers who appeared to be under the influence, and alcohol and drug paraphernalia were seized.

Palmeter said officers focused on locating the organizers of the event for further investigation.

"With 120 people and a handful of officers, you can't detain everybody," Palmeter said. "We did stop some of the people who we thought were more intimately involved in the

More charges?

- Halifax Regional Police spokesman Const. Brian Palmeter said police will be meeting with the Crown attorney's office to determine what criminal charges, if any, could be laid against the organizers of the event.

event, and we obtained their information for further follow-up."

One male was charged with public intoxication in the incident.

An 18-year-old female, police say, was unresponsive at the scene had to be removed from the site by a sled. She was transported to the QEII Health Sciences Centre for severe alcohol ingestion.

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WHAT'S ONLINE TODAY

Blogs This year's Grammy winners prompt Backbeat to wonder about the troubled relationship between talent and success in popular music

Video Folk icon Kate McGarrigle honoured in song as hundreds attend Montreal funeral at metronews.ca/canada

News in brief

SECURITIES The Nova Scotia Securities Commission investigated 67 complaints and issued \$632,500 in administrative penalties in 2009. The commission handled nine cases against 10 defendants that included one disclosure violation, six cases involving registration misconduct and two cases of conduct not in the public interest. The figures were released yesterday as a part of the Canadian Securities Administrators 2009 Enforcement Report. In a recent survey, 41 per cent of Nova Scotians who responded said they had been approached with some form of investment fraud, but less than one-third reported it.

THE CANADIAN PRESS

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4 charged in robbery attempt

CRIME Four people have been charged in relation to an attempted robbery in Eastern Passage late last week that police say resulted in one shot being fired at a home.

Blake Joseph Sampson, 19, Joseph Johnathan Froment, 19, and Michael Ray Battaglia, 24, each face various charges, including robbery with a firearm, discharging a firearm with intent to wound and breaches of recognizance.

They appeared in court yesterday and will remain behind bars until their next court appearance tomorrow.

A 17-year-old female, whose identity is protected under the Youth Criminal

Justice Act, is also facing a variety of charges, including careless use of a firearm and possession of a weapon dangerous to the public peace. She has been released with conditions and is due back in court Feb. 18.

During the alleged incident, police say they were called to a home on Caldwell Road early Friday morning, with two suspects pulling out guns and trying to rob the 39-year-old victim. Police say the victim then ran upstairs and locked himself in a room.

The suspects, police allege, left the residence through the back door, with one firing a shot at the house.

PHILIP CROUCHER/METRO HALIFAX

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THURSDAY'S NETWORKING TEAM

The province is seeking nominations for Nova Scotia's Medal of Bravery, which are awarded annually to recognize people who risk their lives to protect others or their property. Nomination forms are available at Access Nova Scotia centres, MLA offices and online at www.gov.ns.ca/bravery. **METRO HALIFAX**



A couple drop off a donation to help with the Haitian relief effort at the Canadian Red Cross office in Dartmouth in this file photo from last month. As of Jan. 28, the Red Cross had received \$5.3 million for Haitian relief from people and businesses in the Atlantic provinces.

Donations still pouring in for earthquake victims

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Three weeks after a devastating earthquake rocked the tiny island nation of Haiti, Atlantic Canadians are still pouring their time, energy, and money into the relief effort.

"We're not seeing as many individual donors coming through our door like we did in the first week or two, but we've moved to a phase where we're seeing a lot of group fundraising activities going on," said Dan Bedell, spokesman for the Atlantic

Canadian chapter of the Red Cross. "Schools, community groups, office employees ... they're all getting together."

Last week, Shannon Park Elementary School in Dartmouth proudly presented the organization with a cheque for \$4,800, said Bedell, adding to a grand total of \$5.3 million raised so far in the Atlantic region. Several musical events, including the Halifax for Haiti concert to be held Feb. 8 at the Metro Centre, are also in the works to support the efforts of various humanitarian organizations now on the ground in the im-

Haiti Crisis

poverished nation.

While some of the money donated to the Red Cross has come from provincial governments in the region, Bedell maintained 70 per cent has come directly from the pocket of the average citizen.

"I was at Mic Mac Mall this morning and we were still getting people walking by donating \$100 or \$500 ... right down to one little boy who had made

\$10 shoveling snow and donated that," he said. "There are several organizations out there still in the midst of their fundraising activities, so there will be another surge."

The federal government has agreed to match all individual donations, including those coming from organized events or group activities, received before Feb. 12. Bedell said he hopes people will do everything in their power to get the money in before the deadline.

"The dollars will just go that much further," he said.

'Red flags' preceded Hyde's death: Expert

INQUIRY There were "many red flags" warning that Howard Hyde was suffering from a condition known as excited delirium in the hours before he died in a Halifax-area jail cell, an expert on in-custody deaths testified yesterday at an inquiry into Hyde's death.

Christine Hall, an emergency room doctor based in Vancouver, said the "constant and repetitive nature" of Hyde's behaviour on Nov. 22, 2007, was a strong clue he was suffering from the mysterious syndrome, which remains the subject of much debate and research within the medical community.

In Hyde's case, surveillance video recorded at the

Central Nova Scotia Correctional Facility in Burnside shows him pacing in his cell for hours on end in an unchanging, circular pattern.

"If you know what to look for, that behaviour is compelling ... This is not a normal individual who is just bored," said Hall, a researcher with the Canadian Police Research Centre. "That should be one of many red flags that something is up."



Howard Hyde

Hall said this behaviour suggested Hyde was in a highly agitated or excited state — a signal that he was suffering from excited delirium, a term that pathologists have been using since the 1980s.

"If you know what to look for, that behaviour is compelling ... That should be one of many red flags that something is up."

Christine Hall, expert witness

The condition is usually marked by other signs, including incoherence, paranoia, extraordinary strength, profuse sweating, high blood pressure, an elevated heart rate and suddenly intense, violent behaviour, Hall said.

Corrections officers and police officers have testified that Hyde displayed some or all of these traits while in custody.

Hyde, a 45-year-old musician with a long history of mental illness and scrapes with the law, was arrested for assault on Nov. 21, 2007, after his spouse

called police to complain he was abusive and off his medication for schizophrenia.

At the time, Hyde tried to escape police by climbing down the side of a low-rise building, dressed only in a pair of shorts despite sub-zero temperatures outside.

The inquiry, which started last June, has heard Hyde was later Tasered up to five times and collapsed unconscious under a heap of officers as he tried to escape from the police station in downtown Halifax.

THE CANADIAN PRESS

Chamber pushes for commercial tax reform

ALEX BOUTILIER
for Metro Halifax

BUSINESS The Halifax Chamber of Commerce is vowing to not "let city council forget about their (sic) commitment to commercial tax reform," according to a press release from chamber president Valerie Payn.

"We agreed three years ago to support the residential tax reform process, with the promise that commercial tax reform would follow," she said in the release yesterday. "We will still be expecting to see movement on the commercial tax reform front."

Last week, regional council voted 13-10 against moving ahead with a controversial plan to switch from the current system of residential taxation, which

is based on the assessed value of properties, to a new, service-based system.

The defeat put an end to five years of study, debate, and staff recommendations on tax reform.

Payn said council's decision to scrap the proposal is "disheartening," and she hopes that tax reform, both residential and commercial, will not be off the agenda for good.

"The Chamber was supportive of tax reform from the beginning as it is abundantly clear that the current model doesn't work," she said. "Do we know what the best model for our city is? No, and it will be a long road, but we cannot stop trying to find a solution."

ShareYourViews

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Three charged after shooting

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ARRESTS Three people are facing charges, including a 17-year-old male, after shots were fired at a group of people when police say a dispute broke out between two parties in Sheet Harbour late last week.

Halifax RCMP say they were called to a home on Pool Road on Friday at about 7:30 p.m. where witnesses told them a shotgun had been fired at a group of youths.

The male was arrested later that evening and police say during a search of his residence they seized a 12-gauge shotgun along with shells and a white powder substance.

"What we know is he was shooting in that direction," police spokeswoman Const. Tamu Bracken said

when asked if the 17-year-old was trying to hit anyone when he allegedly fired the shots.

"All we know is it was just a dispute," she then added. "We don't know the reason for the dispute."

The teen faces counts of careless use of a firearm, pointing a firearm, possession of a weapon for dangerous purpose, unauthorized possession of a firearm and breach of probation.

He was held at the youth facility in Waterville over the weekend and appeared in Halifax youth court yesterday.

Two other occupants of the home, a 47-year-old man and a 43-year-old woman, were charged with careless use of a firearm and unauthorized possession.

WITH FILES FROM THE CANADIAN PRESS

Tories in 'a time of renewal': Baillie

POLITICS There are simple ways to get the Progressive Conservatives back to the top, says a former chief of staff to premier John Hamm.

"We need to rebuild and there's no quick fix ... but listening to what people are saying goes a long way," said 43-year-old Jamie Baillie, a former Truro resident who is being courted to run for the provincial Tory leadership. He expects to give his answer in the spring.

Baillie was in Truro last week for the Truro-Bible Hill Progressive Conservative Association's an-

nual general meeting. Baillie, now a Halifax resident and president and chief executive officer with Credit Union Atlantic, was the guest speaker.

Baillie said he is frustrated with the lack of political enthusiasm within the party.

"I'm frustrated with the seeming endless cynicism at the PC party," he said. "After an election defeat, people do leave the party ... but politics, warts and all, remains the only way to make decisions and there's a time of renewal after defeat."

TRURO DAILY NEWS

Relief ships update online

HMCS Halifax and HMCS Athabaskan, which are in Haiti providing assistance, keep up-to-date websites for the public. Go to www.navy.forces.gc.ca. **METRO HALIFAX**

local 5



Paul and Marie Works of Caribou River, Pictou County, hold their winning Set for Life cheque that will see them earn — at minimum — \$675,000.

Couple Set for Life

'Obviously it's going to change our lives'

PHILIP CROUCHER
philip.croucher@metronews.ca

If only all of life's decisions could be like this.

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"Most people say take the money and run. But I'm not going to run anywhere right now," Caribou River resident Paul Works said yesterday afternoon in reference to him claiming the grand prize of the Atlantic Lottery Corporation's Set for Life scratch ticket, which the 63-year-old won over the weekend.

"Twenty-five years, that's \$1.3 million. That sounds pretty good," he added in regards to which way he might be leaning in the op-

Seller's bonus

- Lottoland New Glasgow sold the winning Set for Life ticket and will receive a one per cent seller's prize.

tional grand prize. "But I'll have to talk to my financial guy and see what the best thing for me to do is, at this stage of my life."

Works, who lives in Pictou County and about 20 minutes from New Glasgow, bought five Set for Life tickets at \$4 each last Wednesday, but didn't actually scratch them until Saturday morning. He found out he hit the jackpot on the first ticket he scratched.

"I couldn't believe it. I kept saying there is something wrong here. Some-

body is going to tell me this ticket is void for some reason," said Works, who was in Moncton with his wife, Marie, to claim the prize yesterday at ALC's headquarters.

"I'm not all that interested in tickets — but I became quickly addicted to them once I looked," his wife then added.

Paul and Marie have been married for 41 years, have three adult children, two of whom live in Yellowknife, and six grandchildren.

Whatever decision is made with the money, both agree they want to help out their immediate family.

"Obviously it's going to change our lives," said Paul, who retired in 2009 after working 41 years at Scotsburn Dairy in Pictou County. "But we hope it's not going to change it too much."

Grey seal hunt set for Hay Island

FISHERIES A federal fisheries official confirms the department intends to authorize a grey seal hunt this month in a protected area off eastern Cape Breton.

Andrew Newbould says a quota of 2,220 grey seals has been set for Hay Island, which is part of the Scaterie

Island Wilderness Area.

He says no official start date has been set, although department officials are looking tentatively at Feb. 8.

Newbould says so far there's been interest from 36 sealers who want to obtain a licence.

An overall quota of 50,000 grey seals has been set for the entire province of Nova Scotia, the same as last year.

Officials estimate Nova Scotia's grey seal herd currently stands at about 300,000 animals.

THE CANADIAN PRESS

Cancelled Carnage rescheduled for July 26

CONCERT Hopefully the third time is the charm.

After two postponements, a new date for Canadian Carnage featuring Megadeth and Slayer has been announced for the Halifax Metro Centre. The new date is set for Monday, July 26, with the

show to begin at 6:40 p.m. Testament will be the opening act.

A serious back injury to Slayer lead singer Tom Araya forced the postponements of the show in both early November and late February.

Tickets already pur-

chased for the postponed shows will be honoured for the rescheduled date.

Tickets are \$64.50, plus service charges, and are available at all Ticket Atlantic box offices, online at ticketatlantic.com or by phone at 451-1221.

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A vehicle collision in Winnipeg knocked down telephone poles and caused power lines to land on a school bus yesterday afternoon, but fortunately none of the four kindergarten students on the bus were injured. **THE CANADIAN PRESS**

Canada



Gay rights activist dies

Keith Norton, left, a high-profile Ontario Conservative cabinet minister who went on to champion gay rights and battle age discrimination as head of the province's human rights commission, was remembered yesterday as a caring and compassionate man. Norton died Sunday night in Toronto General Hospital of cancer, his family said. He was 69. His political opponents and colleagues said Norton was a devoted public servant. **THE CANADIAN PRESS**

Three suspended at embattled rights agency

Rights and Democracy managers to be investigated

Three senior managers at a government-funded rights agency rocked by allegations of Conservative meddling have been suspended, including one of its longest-serving employees.

A well-placed source with the organization told The Canadian Press that Marie-France Cloutier, Razmik Panossian and Charles Vallerand were suspended with pay from Rights and Democracy late Friday, and told that they were the subjects of an internal investigation.

The three were among the staff that had earlier declared non-confidence in the Conservative-appointed chairman and two board members.

Cloutier, the resource and

Liberals accuse Tories of sabotage

The Liberals have accused Prime Minister Stephen Harper's government of trying to sabotage the organization from within. NDP Foreign Affairs critic Paul Dewar yesterday called for a parliamentary

committee to investigate the troubles at Rights and Democracy. Foreign Affairs Minister Lawrence Cannon has directed a senior bureaucrat to review the situation at the agency.

administrative director, has been with the organization since 1990, working alongside first president and former NDP leader Ed Broadbent.

The independent agency has been in turmoil for the last year, but the problems came to a head earlier this month when president Remy Beaugard died of a heart attack following a tense board meeting.

Beaugard had been in a struggle with three other board members over the direction of the agency, specifically on policy and funding decisions related to the Middle East.

At the time of his death, he was disputing the details of a performance review that had been sent to government bosses without his input.

Staff had declared non-

confidence in those board members. One of those members, Jacques Gauthier, was named interim president of the organization last week, and a directive for staff to stop talking to the media was issued.

Still, Cloutier, Panossian and Vallerand published a letter in newspapers Friday defending Beaugard's legacy.

"In all cases, and especially in politically sensitive areas like the Middle East, Beaugard's senior public servant instincts dictated that every precaution be taken to ensure Rights and Democracy's work was beyond reproach," they wrote.

A call to Rights and Democracy yesterday was not immediately returned.

THE CANADIAN PRESS

Hundreds of cameras keep eye on Games

VANCOUVER
2010 Games

SECURITY At 3:10 p.m. yesterday, the camera at Vancouver's Georgia and Beatty streets might have captured Chet Wisniewski picking up after his dog.

The activation of hundreds of video cameras around the city and at Whistler yesterday was the latest sign of Olympic preparation.

The RCMP's Integrated Security Unit will have 900 cameras trained on athletes, fans and spectators, mainly at venue sites. And the City of Vancouver has installed nearly 100 cameras along parts of the downtown core as it readies for large crowds.

THE CANADIAN PRESS

Vancouver Coke gives \$350K for inner-city court



Youth throw basketballs at a park in Vancouver's Downtown Eastside yesterday. Coca-Cola announced a \$350,000 investment to create an inner-city outdoor sport court in Vancouver as a part of the legacy of sponsoring the Vancouver 2010 Olympic Winter Games.

Power deal good for N.B.: Study

PANEL An independent panel asked to study the proposed power deal between New Brunswick and Hydro-Quebec says the deal is good for New Brunswick.

The six-member panel was commissioned by the provincial government to study the proposed \$3.2-billion sale of 10 NB Power

plants, including the Point Lepreau nuclear generating station.

Panel chairman David Ganong says the deal would result in lower power rates in the near and long-term and would reduce the financial risks associated with the aging facilities. The panel also

makes a number of recommendations.

Opposition Conservative Leader David Alward has already described the report as a "public relations exercise" on behalf of a government that has already made up its mind to proceed with the deal.

THE CANADIAN PRESS



Jackie Connors is a melanoma survivor featured in posters as part of the The Canadian Dermatology Association's new "Indoor Tanning is Out" campaign warning young women against the dangers of indoor tanning.

Group targeting indoor tanning

CANCER The spot was very dark, almost black, barely the size of a pencil eraser, and would bleed when Jackie Connors shaved her legs.

She initially chose to ignore it. But at age 20 while in nursing school and learning about the signs and symptoms of skin cancer, it soon would become a cause for concern.

"I still remember sitting at my desk thinking, 'Wow, this is what I have,' and still trying to put it in the back of my mind of not wanting to think that it could be that," Connors recalled in a telephone interview from St. John's, N.L.

Her family doctor thought she was too young to have skin cancer, but referred her to a surgeon to have the spot removed.

About a week after he'd taken it off, the surgeon called her and confirmed her initial fears — she had melanoma.

"I was devastated, I was, for a lot of reasons," Connors recalled of her reaction. "(Not) just for the diagnosis of cancer, but also knowing I couldn't tan anymore."

"As scary as it sounds, that was one of the things that went through my mind was: 'Oh my gosh, I'm not going to be able to

Study

Analysis of more than 20 epidemiological studies revealed the risk of skin cancer increased by 75 per cent when the use of tanning devices starts before the age of 30, a working group of the World Health Organization's International Agency of Research on Cancer found.

tan anymore."

From around age 16, Connors had frequented tanning salons, paying visits three times a week. She started out first using lie-down tanning beds which took 20 minutes, then switched to the stand-up booths which took about half the time.

Now 36, Connors is part of a new campaign by the Canadian Dermatology Association which features melanoma survivors encouraging young women to learn the facts about indoor tanning.

The CDA has long advocated against indoor tanning use. But with its "Indoor Tanning is Out" campaign, launched yesterday, the organization representing Canada's dermatologists is targeting young women with its message.

THE CANADIAN PRESS

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A new poll suggests Harper may be in trouble as Liberals gain traction in key ridings. Scan this code for the story.

Alleged Edwards sex tape a hot commodity?

A former aide to U.S. presidential candidate John Edwards said he's rejected offers of "gigantic amounts of money" to sell what he says is a sex tape showing Edwards with his former mistress. Andrew Young claims he found the tape in a box left in a home he shared with Edward's mistress Rielle Hunter. **THE ASSOCIATED PRESS**

World



China promises more rural money

China will boost spending in rural areas and let more farmers migrate to urban areas in a bid to close the widening income gap between villages and cities, government officials said yesterday. The nation's leaders are worried about lagging rural areas, where thousands of protests a year over living conditions and perceived government indifference threaten to undermine social stability.

THE ASSOCIATED PRESS

Iraq Suicide attack targets Shiite pilgrims



Shiite pilgrims file into the holy city of Karbala yesterday, as faithful gather for Arbaeen. A female suicide bomber walking among Shiite pilgrims in Baghdad detonated an explosives belt yesterday, killing 54 and wounding more than 100, officials said.

Americans knew taking children was wrong: Haitian prime minister

Haiti Crisis

PORT-AU-PRINCE Haiti's prime minister said yesterday that 10 Americans who tried to take a busload of undocumented Haitian children out of the country knew that "what they were doing was wrong," and could be prosecuted in the United States.

Prime Minister Max Bellerive also said that his country is open to having the Americans face U.S. justice, since most government buildings — including Haiti's courts — were crippled by the monster earthquake.

"It is clear now that they were trying to cross the border without papers. It is clear now that some of the children have live parents," Bellerive said. "And it is clear now that they knew what they were doing was wrong."

Flights resume

• The U.S. military has resumed urgent medical evacuation flights for Haitian quake victims, an official announced yesterday, and life for survivors took a step toward normalcy as many schools reopened for the first time since an earthquake devastated the nation.

If they were acting in good faith — as the Americans claim — "perhaps the courts will try to be more lenient with them," he said.

U.S. Embassy officials would not say whether Washington would accept hosting judicial proceedings for the Americans, who are mostly from Idaho. For now, the case remains firmly in Haitian hands, State Department spokesman P.J. Crowley said in Washington. U.S. diplomats have had "un-

limited" access to the 10 detainees, and will monitor any court proceedings, said Crowley. They have not yet been charged.

Members of the church group insisted they were only trying to save abandoned and traumatized children — but appeared to lack any significant experience with Haiti, international charity work or international adoption regulations.

After their arrest Friday near the Dominican border, the church group members were placed in two small concrete rooms in the same judicial police headquarters building where ministers have makeshift offices and give disaster response briefings.

Investigators have been trying to determine how the Americans got the children, and whether any of the child traffickers that have plagued the impoverished country were involved. **THE ASSOCIATED PRESS**

Obama's budget: Bad news for Canada?

In his proposed \$3.8-trillion US annual budget submitted to Congress yesterday, U.S. President Barack Obama is once again stressing job creation as a form of life support for the seriously ailing U.S. economy.

"We won't be able to bring down this deficit overnight," Obama said in brief remarks at the White House after sending his budget proposal to Congress.

"We will continue, for example, to do what it takes to create jobs. The budget includes new tax cuts for people who invest in small business."

Obama's new-found focus on creating jobs, and the reappearance of the controversial Buy American provisions in yet another piece of mammoth legislation winding its way through Congress, spells more bad news for the Canada-U.S. relationship.

In his state of the union address last week, Obama

said he backed "Jobs for Main Street," the \$100-billion legislation with the Mom-and-apple-pie moniker that contains the very same Buy American measures that were part of the \$787-billion economic stimulus package passed by Congress a year ago.

"What we're in for in the next few months, until the mid-term elections, is 'jobs for Americans' being a very attractive, populist political rallying cry for Congress," Birgit Matthiesen, the Washington-based senior adviser for Canadian Manufacturers and Exporters, said.

The seeming escalation of Buy American looms as negotiators from the U.S. and Canada are ensconced in 11th-hour talks revolving around a possible Canadian exemption from the protectionist provisions in the American Recovery and Reinvestment Act.

Rumours of an imminent deal have been swirling in D.C. in recent weeks, with

Doing YouTube

• Barack Obama sat down yesterday to become the first U.S. president to take questions from constituents over YouTube. Obama spent about 40 minutes answering about a dozen of the more than 11,000 questions submitted by YouTube users during and after last Wednesday's State of the Union speech.

whispers that Obama would use his executive power to deem that portions of the Canadian economy could be considered American since supply chains in both countries are so intrinsically entwined.

Yet it's unclear if a last-minute exemption from the recovery act would apply to any future Buy American provisions that could confront Canadian manufacturers in various pieces of legislation in the weeks and months ahead.

THE CANADIAN PRESS

Obama scraps moon project

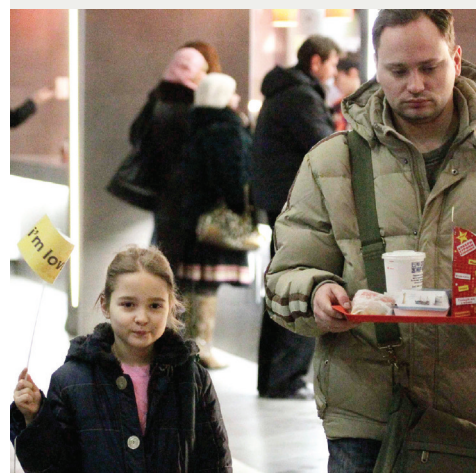
NASA U.S. President Barack Obama is redirecting America's space program, killing NASA's \$100-billion plans to return astronauts to the moon and using much of that money for new rocket technology research. The moon plan, which NASA had already spent \$9.1 billion on, was based on old technology and revisiting old places astronauts had already been, officials said. The \$4 billion that NASA spends yearly on human space exploration will now be used for what NASA and White House officials called dramatic changes in rocketry, including in-orbit fueling. They said the new technologies would be used to send astronauts to a nearby asteroid. **THE ASSOCIATED PRESS**

News in brief

BRAZIL Brazilian Environment Minister Carlos Minc says the winner of a multibillion dollar bid to build a new Amazon hy-

droelectric dam must pay \$830 million US to protect the environment and people living nearby. **THE ASSOCIATED PRESS**

Moscow Russia's lovin' it



People are seen at McDonald's in Moscow's Pushkin Square — the very first McDonald's restaurant opened in Russia 20 years ago — yesterday. McDonald's announced it will expand by 45 outlets in Russia by the end of this year.

News in brief

ISRAEL The Israeli military said yesterday it reprimanded two high-ranking officers for approving the firing of artillery shells toward a UN compound during the Gaza Strip war last

year — the first admission of any high-level wrongdoing during the offensive. Israel announced the punishment in a document submitted to the UN last Friday in response to a re-

port that has accused Israel's military of committing war crimes, including the use of white phosphorus, an incendiary munition, in the attack.

THE ASSOCIATED PRESS

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No Google, no cry: Many Chinese are shunning off Google's possible exit from the country. Scan this code for the story.

Comment & Views

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Comment

Different kind of Tory

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Stockwell Day kicked off his tenure as the new Treasury Board secretary with a folksy note. "Hello out there in Treasury Board land!" he wrote employees. "As your newly appointed president ... I don't mind telling you I'm feeling a little overwhelmed."

Yikes, he exclaimed, all these briefing books are so huge! So much to learn. His grandkids, he said, would be asking what do Treasury Board people do? "Do they take care of treasures?"

And Stock said that he would tell them, "Well, kind of." And on he went in that chummy vein, closing with an invitation for all employees to contact him

directly.

This is strange behaviour for a minister in Harperland. It's the kind of reaching out rarely seen in a government that is so uptight. But it's been Stock's way all along. He is the tension defuser, relaxed as can be. It's among the reasons he has been successful.

He is a remarkable story, a political Lazarus, a foremost example of the wisdom in the old adage — never give up, no matter how hard life is kicking you. Day, of course, is the former Alliance Party leader who imploded in the space of a year. He was derided as a lightweight,

Stockwell Day

the guy who staged a dripping-wet press conference on an Okanagan beach. A party rebellion forced him out. It was thought he would never be heard from again.

But he quietly made strides, first as minister of public safety, then as trade minister. He's seen as a straight shooter. While colleagues have turned the Commons question period into a hackneyed circus of partisan exhibitionism, he actually gives reasonable answers.

At Treasury Board he will be on the hot seat, charged with bringing down the spiralling federal deficit. His coolness under pressure will

help. It's about credibility. And Day, who had so little of it some years ago, now finds himself as being among the most trusted performers on the Conservative front bench.

The other big guns are hurting. Environment Minister Jim Prentice has been given little to do on the global warming file except gather fossil awards. Defence Minister Peter Mackay was doing well, but took a big hit on the Richard Colvin file. Justice Minister Rob Nicholson's charges of the opposition being soft on crime ring hollow. His own government has done more to obstruct crime legislation through prorogations than have the opposition parties. Finance Minister Jim Flaherty is doing better, but his history in the portfolio is tarnished.

That leaves Stock Day. Who would have thunk it?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Please hold, your call is important to us

InBusiness

Charles Davies

metronews.ca/inbusiness

Here's some unsolicited advice for companies that want to make the most of the economic recovery, dramatically improve customer service and satisfaction, and create jobs.

What I'm going to suggest will cost, but it will boost revenues and, perhaps most importantly, improve customer loyalty. The idea is simple: Get rid of automated telephone systems and bring back the switchboard. Then, invest in customer service by hiring and developing skilled

people who are not only articulate and educated, but also possess the common sense to treat each customer call as unique rather than reverting to programmed responses.

Lest you think this is the raving of a hopeless Luddite, consider the corrosive effect of the phone systems and customer service regimes we have now.

Automated phone systems are supposed to speed customers to the right destinations in a company by providing menu choices, very often using computerized voices that sound eerily like your least favourite elementary school teacher.

But in this case, technology actually retards progress. It is one thing to punch in your language of choice, but it's instantaneously frustrating to navigate a series of choices, none of which may apply to your problem. And being told that your call will be recorded "for quality control" puts you on notice that, no matter how irritated you become, you'd better not start cursing.

By the time you actually reach a human being, usually by stabbing the "0" button until your finger bleeds, your patience is frayed, only to be left in tatters when the person you're talking to — who only ever has a first name — gets you to repeat information you've already given and then proceeds to be thoroughly unhelpful.

"One-name" then tries to upsell you to a product or service that's more expensive than the one you have that isn't working now. If that fails, you're told to "have a nice day."

Just imagine, however, if your call was immediately picked up by a real, live, courteous and smart person. Using extensive knowledge of a company's workings, the operator could quickly plug you in to someone who actually has the knowledge and communication skills to solve your problem.

The reality for businesses, although they often don't seem to realize it, is that customer service is the vital front line. And sometimes technology isn't the solution, but part of the problem.

Going retro just might be the answer.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Scientist claims spies may have stolen climate emails

Well-funded U.S. lobbyists or a foreign intelligence agency may have been behind the theft of climate emails from the University of East Anglia last year, the former chief scientific adviser to the British government said yesterday.

David King was quoted in The Independent newspaper as saying the theft of more than 1,000 emails and other documents from a server at the university's climate research centre last year seemed too professional to be the result of a lone hacker.

"I know there's a possibility they had a good hacker working for these people, but it was an extraordinarily sophisticated operation," King told the paper.

"There are several bod-

ies of people who could do this sort of work. There are national intelligence agencies and it seems to me that it was such a group of people."

King didn't name any specific agency or lobbying group. In a brief telephone interview with the AP from Italy, he cautioned that he was not involved in the police investigation or the university's inquiry into the hacking, both of which are still ongoing.

He said powerful business interests in the United States had devoted a huge amount of money "to destabilize the science of climate change" and probability pointed either to someone acting on their behalf or to foreign spies.

THE ASSOCIATED PRESS

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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An important message from Toyota Canada.

As you know, we have issued a recall on select Toyota models in response to reports that, in rare cases, there is the possibility that the accelerator pedal may mechanically stick.

We have also taken the unprecedented step of suspending the production and delivery of the affected models.

We regret any loss of peace of mind that this recall may have caused. But a recall was necessary because we place the safety of you, our customers, above everything else.

We mobilized our engineering teams around the world to immediately find a solution for the problem. And they have. This will be applied to all affected models – on the road and on the production line – so that every Toyota owner can continue to feel confident in their vehicle.

This week, we will begin mailing information directly to every Toyota owner affected by this recall, with instructions on exactly what they should do next.

For the latest information we encourage you to visit our updated website at toyota.ca, contact your dealer, or call the customer interaction centre at 1-888-TOYOTA-8 [1-888-869-6828].



Time Warner Inc. Chief Executive Jeffrey Bewkes is getting a pay raise potentially worth an extra \$3.25 million US a year. The company's compensation committee last week approved a \$250,000 increase in salary to \$2 million a year, retroactive to Jan. 1. **THE ASSOCIATED PRESS**

Huge pay raise for Time Warner boss

Business/Your Money



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Forestry industry must diversify, says study

The future of forestry lies in blending the production of traditional wood products with new eco-friendly ones such as biochemicals and bioenergy, says a new study.

The forest industry needs to extract the maximum value "from every tree harvested," Avrim Lazar, president, Forest Products Association of Canada, said yesterday.

The study, based on interviews with 65 experts as well as industry leaders and government, predicts a bright future for the forest industry despite the economic downturn and the resultant 50,000 job losses and collapses in the demand for lumber and paper.

"What we need is a shift in business model, a new

"It's government's job to accelerate this transformation."

Avrim Lazar, president, Forest Products Association of Canada

business model that still produces lumber, pulp and paper but also extracts maximum value from every tree harvested," Lazar said. "The message for government is that we have to re-examine our policies and programs to make this possible. It's not government's job to support the status quo, to inhibit change. It's government's job to accelerate

this transformation."

The forest products association is calling on Ottawa to offer economic stimulus to facilitate the change through research, tax measures and other funding.

The payback will be a big increase in clean energy for Canada, sustainable jobs in the forest industry, and revitalized investment, Lazar said.

While demand for paper will continue to wane, he said most of the industry sees good future demand for lumber, pulp, bioenergy and other new wood products.

The challenge facing the industry is to capitalize on the demand for new products to restore growth, the president said.

THE CANADIAN PRESS

Tokyo JAL leaves us in suspense



Japan Airlines' new chairman, Kazuo Inamori, reacts as he is asked by a photographer to pose after his press conference in Tokyo yesterday. The carrier will decide on its alliance partner "as soon as possible" but wouldn't provide a timeframe. JAL filed for bankruptcy two weeks ago.

Cinram stock takes big dive

AGREEMENTS Stock in Toronto-based disc manufacturer Cinram International plunged nearly 60 per cent near midday yesterday after Warner Home Video said it is ending a key supply agreement between the companies.

It will be a huge blow to the Canadian income fund, one of the world's biggest DVD and CD manufacturers, which estimates about 28 per cent of its revenue last year came from Warner Home Video.

Cinram's units were down \$1.72 to \$1.19 on the Toronto Stock Exchange.

Cinram says Warner's decision to terminate their agreement on July 31 will have an impact on its operations in North America and Europe.

THE CANADIAN PRESS

Toyota expects month of repairs

RECALLS Toyota says all 270,000 vehicles in Canada affected by a huge recall should be able to have their defective accelerator pedals repaired within a month, with dealers expected to begin work on priority vehicles by the end of this week.

Customers who own a vehicle that has been recalled should expect a call from their dealer once they're ready to begin doing the repairs, Toyota Canada announced yesterday as it grappled with the biggest recall in company history. **THE CANADIAN PRESS**

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Canwest makes changes to the sale of its major newspaper holdings after complaints from lenders. Scan this code for the story.

Understanding RRSPs

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

RRRSPs are over half a century old but there's still a big misconception about them. At this time of year I commonly hear something like this: "I just bought an RRSP." Oh no you didn't.

Think of it this way, an RRSP is merely a box. And you don't buy it, you open it, like a bank account. The important part happens when you purchase products for that retirement box or account. The quality of what you choose will have a dramatic impact on whether you live skinny or fat in your golden years.

One reason so many people are confused about RRSPs lies in the

way they have been promoted and sold. There's been too much focus on getting money into the RRSP and not enough on what happens afterwards.

When you set up monthly or lump sum RRSP contributions at your bank, an adviser usually offers boilerplate portfolios based on an assessment of your risk tolerance. These portfolios typically contain from six to 10 mutual funds with your money automatically parceled among them.

But are the individual funds the best available?

Too often these packaged portfolios contain some good funds, some mediocre ones and some that are awful.

Additionally, banks and other financial institutions are predisposed to sell their own products, called pro-

prietary funds, while there might be others which are better performers or which have lower fees.

The other mistake commonly made by contributors is to select funds, either on their own or with the help of an adviser, that fall into the same fund family. Rarely does one fund family do everything well. Some, for instance, are excellent at managing fixed income while others excel at domestic stocks.

Deposit money into your RRSP by all means, but don't be afraid to leave the contribution in cash while you evaluate your fund choices or those recommended by an adviser. This is the question to ask of every investment: Is this product the top performer in its class? If not, don't buy it.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Market sell-off puzzles investors

Investing

Allan Small

metronews.ca/investing

"Buy the rumour, sell the news!" This is what the market has been doing the last few weeks. Many companies have reported fantastic quarterly results. However, in many cases,

the stock sold off sharply once the results were released. This has left investors quite confused.

In my opinion, macro events continue to set the tone for the broader North American indices. Investors are still fearful of some of U.S. President Barack Obama's new regulations; they are concerned about China's proposals to slow down its pace of growth; and they are concerned about some European nations' debt levels

(Greece and Spain). These fears, unfortunately, seem to trump positive news.

So what can take this market higher? It is my belief that investors require the confidence to move the economy and the stock market above where it is today. They need to believe that things are getting better and thus better to be an investor than not.

Allan Small can be reached at asmall@dunsecurities.com. The views expressed are not necessarily those of Dundee Securities.

Limits of spousal RRSP contributions

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q What is the maximum contribution to my wife's RRSP that I can deduct? If that

money is withdrawn this year, how much will she get taxed? —Gord

A The maximum an individual may deduct on their tax returns is limited by the RRSP deduction available for the year, regardless if it's split with a spouse. Your wife can set up a spousal RRSP and you can make contributions, pro-

vided you have the room.

Withdrawals by your spouse from a spousal RRSP where contributions were made in the year or either of the two preceding years will be attributed back to the original contributor and taxed in the original contributor's hands (limited exceptions).

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

CIS schools dished out more than \$9M in scholarship money in 2008-09

Canadian Interuniversity Sport announced yesterday its universities provided \$9,997,758 in scholarship money to student-athletes in 2008-09. A total of 10,791 student-athletes were eligible, with 3,791 receiving scholarships. **METRO HALIFAX**

Sports



Stars head to Halifax for dinner

Calgary Flames star Theo Fleury is among the stars expected in Halifax for the Canadian Progress Club sports celebrity dinner at Cunard Centre on Thursday. Fellow hockey greats Dennis Hall and Paul Henderson, as well as ex-Major League pitcher Jim Abbott and boxer Joe Frazier, are the others. **METRO HALIFAX**

EDITOR: DON.MCHOULL@METRONEWS.CA

Local curlers better come prepared

The opportunity to be the hometown team at next month's Brier has Haligonians training harder

MATTHEW WUEST
matthew.wuest@metronews.ca

It's no coincidence that practice time has been hard to come by at the Mayflower Curling Club this season.

With the Tim Hortons Brier being held at the Metro Centre next month and only one Nova Scotia spot up for grabs, local men's curling teams have been putting in a little bit of extra effort to prepare for the provincial championship.

"It used to be you'd be able to get ice pretty easy, anytime you went there," said defending champ Mark Dacey. "Now, it's a bit of a lineup to get a sheet. You can sense people are working harder than past years and a lot of that comes from the opportunity to be the hometown team (at the Brier)."

In other words, don't expect much rust when the

Scotties Tournament of Hearts

Jennifer Jones' bid for a third straight Scotties Tournament of Hearts title took a big hit yesterday after her Canada foursome suffered a pair of shocking losses. Jones followed a 10-4 loss to the Northwest

Territories/Yukon with an 8-4 defeat to Newfoundland and Labrador. Meanwhile, Alberta's Valerie Sweeting beat Dartmouth's Nancy McConnery, 8-5. Nova Scotia is last place with an 0-5 record.

Molson Tankard opens tomorrow morning at Mayflower.

Dacey, a former Brier champion and five-time provincial winner, is seeded fourth for the event after an admittedly "not-so-great year." Club-mate Shawn Adams, the top seed and a three-time provincial champ, is ranked No. 1.

Adams, who has struggled to get back to the Brier since his last trip in 2005, is among the group that has been hitting the ice at an increased frequency this season.

"With the Brier in Hali-

fax, I've logged more hours than I have since my junior days," Adams said. "I've been going out pretty much every day, throwing 30 to 40 rocks."

Both Dacey and Adams have undergone slight changes to their teams in the past year. Dacey's third, Bruce Lohnes, is now the lead, while Tom Sullivan joined the team in Lohnes' spot and Kris Granchelli has moved on. Jeff Hopkins is the new second for Adams, replacing Craig Burgess.

"I don't think we've fully adjusted as well as we could have so far, but a



Former Brier champion Mark Dacey is seeded fourth in the Molson Tankard, which opens tomorrow morning at the Mayflower Curling Club.

week like this can turn your season from not-so-great to awesome," said Dacey, who lost in the Brier final the last time the event was held in Halifax

in 1995. "You just have to bear down and get the job done."

The 16-team event follows modified triple-

knockout format to qualify four teams for the Page playoffs.

The semifinals and finals are on Sunday at 9 a.m. and 2 p.m.

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Former players recall the "crazy" early days of the Super Bowl-bound New Orleans Saints. Scan this code for the story.

SCOREBOARD

PBL	W	L	PCT	GB
Puerto Rico	7	0	1.000	—
HALIFAX	6	2	.750	1.5
Rochester	5	1	.833	1.5
Lawton-Fort Sill	4	2	.667	2.5
Manchester	2	5	.285	5
Cape Breton	2	5	.285	5
Buffalo	2	5	.285	5
Quebec	1	5	.167	5.5
Vermont	0	4	.000	5.5

SUNDAY
Buffalo at HALIFAX, 2 p.m.

QMJHL	W	L	S/O	P
Saint John	42	8	1	85
Moncton	35	11	4	74
Drummondville	35	14	2	72
Victoriaville	34	17	2	70
Quebec	31	14	7	69
Cape Breton	30	18	5	65
Rouyn-Noranda	30	19	4	64
P.E.I.	29	18	6	64
Shawinigan	25	20	7	57
Rimouski	25	20	6	56
Gatineau	24	21	5	53
Montreal	24	21	5	53
Chicoutimi	19	24	8	46
Bathurst	19	30	5	43
Val-d'Or	18	28	6	42
Lewiston	18	30	3	39
Baie-Comeau	16	31	4	36
HALIFAX	11	37	4	26

FRIDAY
Saint John at HALIFAX, 7 p.m.
SATURDAY
Cape Breton at HALIFAX, 7 p.m.

Giguere viewed as mentor in T.O.

NHL Jonas Hiller. Ilya Bryzgalov. Martin Gerber. Michael Leighton.

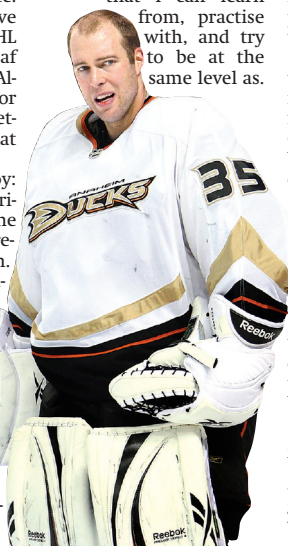
That's a list of some of the goalies who have apprenticed behind Jean-Sebastien Giguere through nearly a decade with the Ducks, and who became better for the experience. "There are four or five guys who made the NHL out of Anaheim," said Leaf goalie coach Francois Allaire. "You need a mentor to make the guys get better, and Giguere did that perfectly."

"He's like Patrick Roy. He takes his job very seriously, works hard on the ice and off the ice, prepares as good as he can. All the guys in the organization become better because of it — because they see what it takes to be a No. 1."

Now it's Jonas Gustavsson's turn. And though the Maple Leafs' prized rookie will see his playing time seriously curtailed the rest of the sea-

son, he's happy with the turn of events that will see the Giguere era kick off tonight with the Leafs newest goalie in net against New Jersey.

"It's going to be great for this organization," said Gustavsson. "I have a guy that I can learn from, practise with, and try to be at the same level as."



J.S. Giguere

Giguere will bring me to the next level. That's good for me."

Giguere, a former Mooseheads goalie, will be the first to say his numbers aren't what they once were. But he's happy to get a second chance after Hiller, the apprentice, supplanted the master for the top job in Anaheim.

"There was a lot of things that happened in my personal life and professional life," said Giguere, including a son born with no sight in one eye. "There was a lot of pressure on me and Hiller found a way to step up his game and push me aside. Kudos to him. It's not an easy thing to do. "I wasn't playing well. A lot of things happened, this is why I'm (here) today. Hopefully, I can use this opportunity for a new beginning."

Giguere says he doesn't see himself as a mentor, but he's happy to set an example and hopes for a good working relationship with Gustavsson.

TORSTAR NEWS SERVICE

Jazic makes strong impression with Canadian soccer team

SOCCER Bedford's Ante Jazic was singled out for a strong effort after the Canadian senior men's soccer team lost 1-0 to Jamaica in a season-opening friendly in Kingston on Sunday. Jazic, a veteran pro who currently plays for Major League Soccer's Chivas USA, started at left back alongside fellow defenders Dejan Jakovic, Andre Hainault and Eddie Sidra.

"I thought Ante Jazic and Dejan Jakovic were exceptional," said Canadian head coach Stephen Hart, who is also from Halifax. "They got through a lot of work."

The 33-year-old has bat-

tled back from a variety of injuries to work his way back onto the national team. It was his first international competition since June 4, 2008.

"It was a good experience for the young guys," said Jazic after his 25th cap with Team Canada.

"Moving forward with Stephen Hart I like this squad's chances for success."

MATTHEW WUEST/
METRO HALIFAX



Ante Jazic

Sports in brief

CFL The 2010 Canadian Football League schedule kicks Canada Day off with a Grey Cup rematch while Moncton will host the first regular season game in Atlantic Canada on Sept. 26 featuring the Edmonton Eskimos and Toronto Argonauts. The season opens July 1 when the

Saskatchewan Roughriders host the Grey Cup champion Montreal Alouettes and the Calgary Stampeders entertain Toronto. The Winnipeg Blue Bombers host the Hamilton Tiger-Cats on July 2 and the B.C. Lions visit the Edmonton Eskimos on July 4.

THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Ice dancing duo have history

Moir, Virtue have been skating together since before they were 10

They lock eyes, clasp hands and the music starts, and for the next four minutes Tessa Virtue and Scott Moir skate as if there's nobody else in the building.

The Canadian ice dancing duo is among the best in the world, known for their innovative lifts, their intricate spins and footwork, and classic elegance in a discipline too often characterized by its kitschy costumes and cheesy routines.

Much of their allure is their unquestionable chemistry, their ability to capture an audience with their utterly believable romance.

But the two are just friends, their relationship forged over sweat and spills and spirals in the more than 10 years they've been partners.

"Maybe the reason why we've lasted so long is we respect each other as individuals and we love each other," Moir says. "We've been together for so long, we've grown up together, and we just have this respect for each other, and the skating works."

It wasn't always so. For the first year of what would eventually flourish into a medal-winning partnership, Virtue and Moir barely spoke to one another.

"Noooo," Moir's mom Alma says, laughing. "He was kind of sweet on her at first, and at that age when you have to hold a girl's hand, it's like 'Oh no, I can't talk to her too.' It was funny the first little bit."

Alma and twin sister Carol, both former skaters who coach in Ilderton, Ont., a town of about 2,000 just down the road from London, partnered the two



Tessa Virtue and Scott Moir perform during the Exhibition Gala after the BMO Canadian Figure Skating Championships at the John Labatt Centre in London, Ont., on Jan. 17.

when Tessa was just seven and Scott was nine.

The sisters were standing together on the ice pondering a potential partner for Scott when Tessa happened to glide by.

"I thought, 'She would be pretty good,'" Alma says.

Virtue, 20, and the 22-year-old Moir — who did date briefly when they were

younger — quickly developed into one of the top young dance tandems in the country, and in 2006 became the first Canadian ice dancers to win the ISU world junior championships.

"They were always good skaters, but they just had something that you can't coach," aunt Carol Moir

says. "They just had a rapport with each other and even at a younger age it came through. They're both performers so they like to be out there, but they had something with each other. ... a good respect. And you cannot coach it."

The Canadian ice dance stars are beloved by a huge fan base. There are dozens

Others to watch

• **Patrick Chan, Canada:** The 19-year-old, who won silver at the last Winter Games, hopes to bounce back from a rough season and win Canada's first men's figure skating gold.

• **Evgeni Plushenko, Russia:** The 2006 Olympic gold medalist came out of retirement for Vancouver, with his sights set on repeating as champion.

• **Kim Yu-Na, South Korea:** The 19-year-old who trains in Toronto with Canadian coach Brian Orser is the runaway favourite to win gold in Vancouver.

• **Oksana Domnina and Maxim Shabalin, Russia:** Domnina and Shabalin are the reigning world ice dance champions, and easily won the recent European championships.

of YouTube tribute montages, set to songs such as Queen's You're My Best Friend, Chris Brown's Forever, and Wherever You Will Go, by The Calling — their views all numbering in the thousands.

There are fan blogs and a Facebook group: Addicted to Tessa Virtue and Scott Moir.

"Business partners" might be a better way to describe their relationship.

"To a certain extent, absolutely," Virtue says. "We have a strong working relationship and at this point, this is our job so that's how we have to look at it."

"That said, we love each other and we're great friends. We have the best of both worlds."

THE CANADIAN PRESS

Rooms still available for Games

ACCOMMODATIONS There will never be enough hotel rooms. Long-standing tenants will be kicked out of their apartments and onto the streets by greedy landlords. Residents will make enough money renting out their homes to Olympic visitors to jet around the world.

There were no shortage of assumptions about accommodations for the 2010 Olympics swirling around Vancouver in the lead up to the Winter Games.

But with the event less than two weeks away, Metro Vancouver

tourism and housing officials say those assumptions are more like myths.

"I can tell you that there is availability, that there are hotels even in the downtown core that do have rooms," said Walt Judas, vice-president of visitor services with Tourism Vancouver.

Jeff McDonald, a spokesman for Tourism Whistler, said the resort municipality also has rooms to fill as British Columbia moves closer and closer to welcoming the world.

"There are accommodations in Whistler for every night of the Games," he said.

But, both men pointed out, last-minute hotel hopefuls can expect to pay peak-season rates and a Games premium.

Whistler hotels are running at an average occupancy rate of 93 per cent for each night of the Games, McDonald said.

He said Tourism Whistler booked Games-time hotel rooms last month that ran anywhere from \$400 to \$1,200 per night.

Judas said those still trying to track down Olympic rooms might have better luck contacting tour operators.

THE CANADIAN PRESS

\$300

Walt Judas estimated vacant hotel rooms in the Metro Vancouver region start at about \$300 per night in outlying areas like Richmond, and work their way up.

Vancouver's multicultural cuisine awaits Olympic athletes

FOOD When it comes to feeding athletes from 85 countries, Vancouver's multicultural cuisine has already won a gold medal by making the job easier for both Olympic organizers and those handling competitors.

Nejat Sarp, who will oversee every aspect of the

food in the two athletes villages in Vancouver and Whistler, B.C., said national Olympic committees have been surprised by the array of ethnic food that will be available to fuel the athletes' bodies and please their palates.

"Here in Vancouver we've got just about every culture

represented," Sarp said, who works for the Vancouver Olympic organizing committee, known as VANOC.

He said the athletes villages will serve 10,000 meals a day to high performers who will be interacting with chefs to get made-to-order meals in the

24-hour-a-day dining rooms. For example, rice will be prepared to specifications depending on the athletes' cultural expectations.

Sarp said the Japanese will want their rice steamed, the Chinese will go for fried rice, the Koreans will like it spicy and Middle Eastern athletes will

prefer their grains even spicier, with olive oil, and of the basmati variety.

As for Canadian fare, First Nations-influenced salmon, whole-wheat bannock and bison meat loaf will be among the foods showcased for the world's athletes, Sarp said.

THE CANADIAN PRESS

Study tip

Know your learning style, and stick to it. For example, if you work best in the early morning, you will improve your results by studying at that time. MBA-PROGRAMS.INFO/STUDY-TIPS.HTM

MBA Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

MBA skill set in demand

RAFAEL BRUSILOV
for Metro Canada



With greater career mobility, pay increases and a skill set that makes graduates strong business leaders, the benefits of an MBA degree can be hard to pass up.

Among other things, an MBA degree can teach you crucial leadership, resource and people-management skills that are in demand for a large number of business organizations.

Leslee Harden, director of the MBA program at the Edwards School of Business in Saskatoon, says the best quality of an MBA degree is its holistic nature.

"I don't think there's any debate that an MBA is a ubiquitous degree — any or-

"Any organization can use someone with the kind of education an MBA can bring."

Leslee Harden, Edwards School of Business

ganization can use someone with the kind of education an MBA can bring. Not only does an MBA allow access to careers within various organizations, but across industries as well," Harden said.

A recent study by U.S. human resources firm Accountemps showed that about 80 per cent of senior management staff at corporations and financial firms hold MBA degrees, suggesting the degree is considered by many to be a requirement for senior leaders. Figures from several sources, including businessweek.com, show a potential salary increase

post-MBA to be anywhere from 30 to 80 per cent.

Harden says beyond the expected pay increase, an MBA can let technically skilled people such as scientists and engineers move into lucrative managerial roles and let others jump on senior positions that open up within an organization.

"An MBA degree is all about understanding the connections within business and managing people, money and processes to make effective business decisions — any business can use that," Harden said.

Jacquelin Thayer Scott, former president and cur-

rent professor at the Shannon School of Business at Cape Breton University, says many MBA students come into the degree through job experiences rather than pre-planning — a good thing since that makes for a much more natural progression into the skills the degree teaches.

"A lot of graduates didn't initially see themselves as managers. They worked at an organization where eventually they did a good job and the boss asked them to take on management responsibilities — that's when they suddenly realized they didn't know how to manage," Scott said.

She says networking is a huge part of today's global business climate, so make sure to forge connections in the classroom.

"Take the opportunity in the classroom to get to know those students from other countries because you're creating a personal network that can be really valuable," Scott said.



Research key when choosing school

ROBYN YOUNG
for Metro Canada



When "shopping" for an MBA, Niki da Silva, from the Richard Ivey School of Business at the University of Western Ontario, says do your research.

"Start with defining: What are my must-haves? What must this program do?" said the director of MBA admissions and recruitment.

Whether it's program length or learning reputation, it's important to begin with a list of priorities, da Silva said.

Then try to narrow down, from the hundreds of options, to a more manageable shortlist of programs. The Richard Ivey School of Business, for example, may be a good choice for those interested in being business managers in the health-care field.

A new \$100-million building, the Ivey Centre for Health Innovation and Leadership is under way, making the school a great choice for health-sector MBAs.

Ivey may also be right for



When choosing where to complete your MBA, it's important to have a list of priorities, experts say.

candidates looking to accelerate their leadership potential, said da Silva.

"There is a unique set of — we call them leadership essentials — at Ivey," she said.

"It certainly does set the school apart in terms of outcomes and a very tangible skills set upon graduating from an MBA program."

At the University of Toronto's Rotman School of Business, whose MBA beat out other Canadian programs in London's Financial Times rankings this year, an innovative approach built on integrative thinking sets it apart.

"Integrated thinking looks at different decision making models and provides different choices to them (the students)," said Richard Powers, associate dean and executive director of MBA programs at Rotman.

"Our students, being

trained in that, are able to come up with unique solutions to very difficult problems."

York University's Schulich School of Business, also part of the Times' top 50, finds its strength in diversity, says Charmaine Courtis, executive director student services and international relations.

"Students not only come from different parts of the world, they come from different sectors (private, public and not for profit)," she said.

"With each of these comes a different way of looking at things and multiple opportunities to learn to solve problems and create interesting management solutions."

Additional high-ranking MBAs in central Canada include McGill's Desautels School of Management in Montreal; Queen's School of Business in Kingston, Ont.; and HEC Montreal.

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More programs

• For a look at MBA programs in Eastern and Western Canada, go to page 15



Green MBA students learn focus on sustainability while also considering how to maximize profits.

MBA go green

More schools focusing on sustainability

KEITH CARMAN
for Metro Canada

The industrial revolution had many impacts on our planet, two unforeseeable: Environmental havoc and, in turn, an admission that something must be done to alter this destructive path.

Everyone from market-
ing to manufacturing has

taken up the ecosystem's cause, with two fiscally oriented fields in particular — business administration and post-secondary institutions — recognizing their part in social responsibility. Working together, they have updated the MBA through a fresh choice in distinction: Sustainability — a.k.a. the "Green" MBA.

Traditionally, an MBA focuses on a financial standpoint: Management, conventional economic theory and business ethics. However, as the reality of maintaining global finance is increasingly impacted by environmental concerns, business has acknowledged its accountability in maintaining current practice while ensuring future revenues. It must maximize profit while affecting Mother Nature minimally. In essence, business needs a balance of understanding economy and ecology; the Triple Bottom Line referred to insiders as People, Profit and Planet. Enter MBA graduates with a mind for the landscape.

In that respect, many Canadian universities now offer sustainability/social responsibility as an addendum to their continuing MBA programs. A curriculum that broadens respected business models to include three new criteria — economic (the financial implication of depleting natural resources); environmental (loss of commercial flora or fauna; global warming); and social (increasing population overtaxing the planet).

Completion of the green MBA is generally within the original course's duration of approximately four-and-a-half years from bachelor's degree to master's. Sixteen of those months focus more intensely on global impact, and the result is an MBA with accompanying diplomas characterizing attention to sustainability.

Growing in popularity, Green MBAs abound across Canada. Virtually every post-secondary institution offers a direct program or variation, creating a swath of carbon-



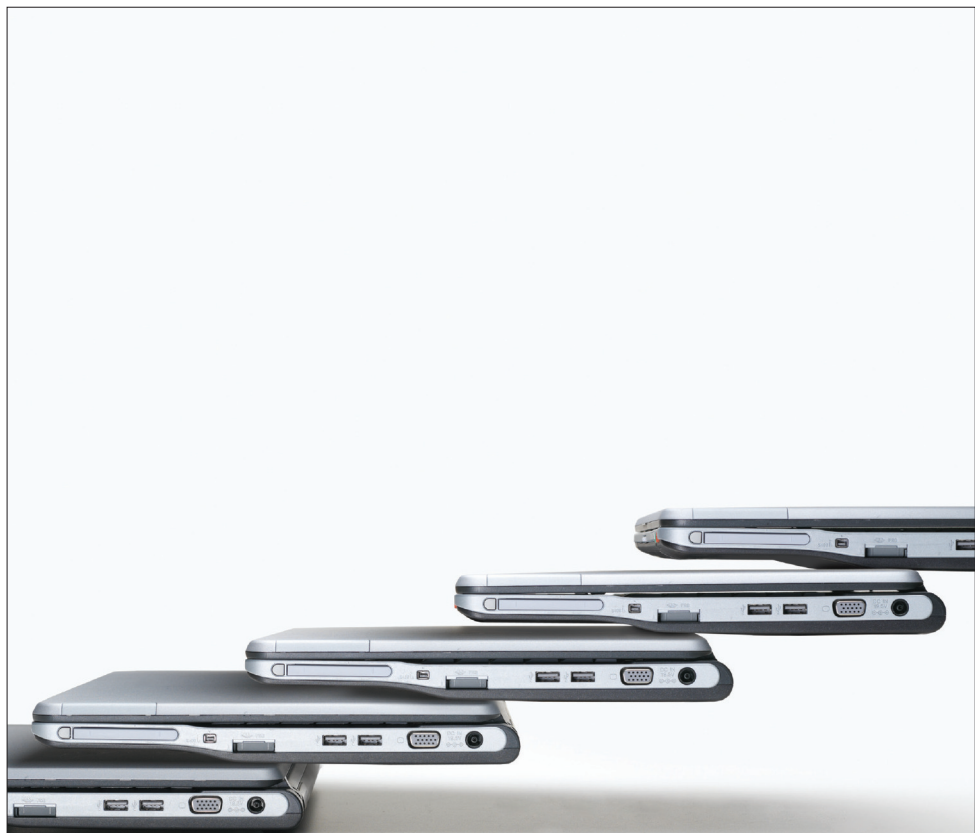
York's Schulich School of Business was recently named the Top Global Green MBA school.

offsetting footprints across the Great White North. The likes of Sauder (University of B.C.), University of Alberta and Manitoba, Richard Ivey (Western), Laurentian, McGill and more boast such programs, while York's Schulich School Of Business was deemed Top Global Green MBA school by non-profit humanities organization The Aspen Group (TAG) for 2009-2010. It beat out competitors such as Yale and Notre Dame thanks to what TAG identified in their latest report as an "extraordinary

number of courses available to students that contain environmental, social and ethical content" and many "relevant scholarly articles ... published by the school's faculty members."

To that extent, distinction is crucial in garnering fresh enrolment to green MBAs. Halifax's Dalhousie boasts an MBA in natural resources, whereas the University of Victoria has embedded sustainability directly into all MBA and bachelor of commerce degrees. Summarizing University Of Ottawa Professor David Wright, Telfer School of Management yields a green MBA that "directly addresses the business impact of (climate change), corporate social responsibility (and) ... identifying the business opportunities that arise from climate change."

It would seem commerce and universities are interested in a different sort of "green" these days.



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MBA grads 'make a big impact'

DANIEL TAM
for Metro Canada



Recent post-secondary graduates looking to build some momentum in their upstart careers could consider obtaining MBA degrees found in many of Western Canada's universities.

Twelve universities from British Columbia to Saskatchewan offer either full-time or part-time MBA programs for graduates who have aspirations to one day work in management positions.

Specializations are offered in everything from finance and marketing to entrepreneurship and strategic management to fit the needs of even the most diverse group of students.

Brian Yiu, an investment banker now residing in Hong Kong, went for his MBA in finance at UBC when he was 25.

"I had worked for two years at CIBC as a management trainee when I took a leave of absence to go back to UBC to get my MBA," said Yiu. "The degree helped me in being considered for new jobs and promotions."

Some notable graduates of MBA programs in Western Canada have made quite the impact in the business world as well as society. For example, president and CEO of HSBC Bank Canada Lindsay Gordon, as well as former Starbucks Asia Pacific president Pedro Man, are part of UBC's MBA alumni.

"(MBA programs) prepare graduates to go into a wide variety of management positions," said Ed Bukszar, associate dean at the Segal Graduate School of Business at SFU.

Students applying for their MBA come from a variety of academic backgrounds, said Bukszar.

"I've got an opera star in my class with a music background, sitting next to physicists, mathematicians and even a professional snowboarder," said Bukszar. "It's a very diverse group."

The education obtained through MBA programs can help students gain traction in their careers, said Bukszar.

"I honestly and completely believe that these people are going to make a big impact on the world," said Bukszar.

Atlantic Canada schools a hit

JON TATTREE
for Metro Canada



Atlantic Canada's entrepreneurial spirit makes it the ideal place for budding businesspeople to learn the trade, and universities across the region offer top MBA programs.

In Halifax, Saint Mary's University offers a bachelor of commerce and a master of business administration at its Sobeys School of Business. After that, students can continue their studies with the executive master of business administration. According to Canadian Universities (Canadian-universities.net), it offers "some of Canada's best business education." It has about 103 students and tuition is \$14,157 per year. A full-time MBA takes between 16 and 20 months.

Just down the road from SMU, Dalhousie University's School of Business Administration offers a corporate residency MBA. CU calls it one of the "premiere providers of educa-



The cost for an MBA in Atlantic Canada ranges from \$4,500 to \$19,124 a year.

tion in management, and its traditional strengths has been in finance, information technology, international business and marketing." It takes 22 months, has 100 students and tuition is \$19,124 per year.

Head east and Cape Breton University's MBA program runs near Sydney. It "offers an educational experience, which is rooted in the culture, history and political economy of its

home province." The MBA takes 16 to 20 months, has about 20 students and tuition is \$18,240 per year.

In Fredericton, the University of New Brunswick offers "comprehensive and innovative educational opportunities emphasizing critical thinking, communication skills, financial and market literacy, and the importance of technology in the corporate world." Its MBA takes two

years, with tuition at \$16,679 a year, and has 97 students.

UNB also offers an MBA at its Saint John's campus. It boasts one of the lowest professor-student ratios in Canada, with about 50 students enrolled in the 12-month course. Tuition is \$18,000 per year.

On the rock, Memorial University of Newfoundland (MUN) was the first in Atlantic Canada to receive accreditation from the Association to Advance Collegiate Schools of Business, one the world's foremost accrediting body for business schools. It takes about two years, has about 130 students and tuition is just \$4,500 a year.

The other east-coast island province, Prince Edward Island, offers an executive-style MBA (basically an EMBA) at UPEI. The program started in 2008 and specializes in the study of biotechnology, management and entrepreneurship. It takes a minimum of two years, with a tuition of \$11,000 per year. There are 70 students enrolled at present.

Fitting an MBA into your life shouldn't be more difficult than the coursework.

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Health & Beauty

Fighting the winter blues

CELIA MILNE
for Metro Canada

Down in the dumps? Got the blues? Early February can be a depressing time of year.

The days are short and dark, the weather is cold and dreary, holidays are scarce and debt is piling up.

It's not just you. January and February can be a real downer for many people, says Dr. Hymie Anisman, Canadian Research Chair in neuroscience at Carleton University in Ottawa.

What makes this time of year worse is the contrast between the happiness and energy we felt in December, versus the doldrums of mid-winter.

Doctors call this the "contrast effect." For many, December was fun — there were holidays, parties, people all around, activities, family and a festive mood. February is boring.

"We wouldn't feel nearly as bad without the 'contrast effect,'" says Anisman, whose work in stress-related disorders is funded by the Canadian Institutes for Health Research.

"You look out your window and it's gloomy and yucky. There is not a whole lot to look forward to."

Even to go for a walk is a bit of a drag — putting on your coat, gloves, hat, scarf and boots.

Winter blues can make you feel irritable and sad, lethargic and tired.

You might experience sleep disturbance, difficulty concentrating, and



Getting active and getting together with other people will help chase those blues away.

"You might experience sleep disturbance, difficulty concentrating, and loss of appetite. Or you may indulge in over-eating."

loss of appetite. Or you may indulge in over-eating. Your symptoms are mild.

"These are biological changes that in severe forms can manifest as seasonal affective disorder," says Anisman.

His advice?

Two things: Get active and get together with other people. If you can do both at once, so much the better.

"Yeah, you can veg in front of the TV, but how many re-runs of CSI can you watch?"

"Get off your butt. Plan a schedule. Force yourself to go to the gym."

The best activities for lightening your mood are those that involve other people.

He recommends team activities such as indoor soccer and tennis. Volleyball is a great winter sport

because you play as a team of six.

"There's yelling and jumping around. It brings out happiness in people," he says.

If you don't like sports, get together with others to share a game.

"Social support is a really super buffer against day-to-day pressures," says Dr. Anisman.

There is some scientific evidence that "playing" leads to better health.

Play activities are those in which no one feels like a loser — the joy is in the activity itself.

It's fun and it helps us lose track of time.

Busting big health myths

ROMINA MCGUINNESS
for Metro World News

HEALTH MYTHS We all swear by some wacky exercise routine or crazy diet we think will leave us feeling lean and healthy. Celebrity fitness trainer James Duigan (model Elle Macpherson has been his client for the past 10 years) sheds some light on some of the biggest myths and misconceptions of food and exercise.

• **NO PAIN NO GAIN** You want to train smart, not hard. You can have an intense workout but that doesn't mean it has to hurt. Make sure you exercise with the correct goal; building muscle, toning up or burning fat.

• **EXERCISE ALONE IS ENOUGH TO LOSE WEIGHT** Eighty per cent of weight loss is to do with your nutrition and only 20 per cent is to do with exercise. Nutrition will not only affect your weight, it will also dictate how you look, feel and think — it has a huge effect on your mental state of mind.

• **BAN ALL FATS FROM YOUR DIET** The body needs fat but people need to understand the crucial difference between good fats and bad fats. Essential fatty acids, found in oily fish (salmon, mackerel), avocado, nuts and flaxseeds, are the good kind.

• **STICK TO THREE MEALS A DAY AND NEVER SNACK IN BETWEEN MEALS** The fastest way to strip fat is to eat foods containing plenty of

fiber and protein, little and often. When training celebrities for a movie, Duigan makes them eat up to eight times a day.


• **NEVER EAT CARBOHYDRATES IN THE EVENING** Many people believe that they won't be able to burn off carbs at night but this is a bit of a myth. Carbs can actually help you get a good night's sleep.

• **IT'S NOT THE CALORIES THAT MATTER, BUT WHAT YOU EAT** It is and it isn't. You must be careful about what you eat and aware of the calories you are consuming. Getting your calories from organic fruit, meats and vegetables is better than getting them from processed foods

• **VEGETARIAN DIETS ARE HEALTHIER THAN MEAT ONES** Everyone is different, some people respond extremely well to vegetarian diets whereas others can get very sick. Healthy vegetarians should count themselves lucky as most people need meat in their diet.

• **LIFTING WEIGHTS WILL MAKE YOU LOOK BULKY** Unless you lift extreme weights then there is no reason for this to happen. The best thing is to avoid training like a body builder, therefore don't train with one.

• **THE BEST TIME TO WORK OUT IS IN THE MORNING** Work out whenever you can and don't get caught up on the idea that there is a wrong or right time to exercise. Just do what suits you and your lifestyle best



Your ex. Your sister.
Your single neighbour ...
This could get awkward.

If you can't see which one is
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First reassessment of medical training in 100 years

A report released Thursday from the Association of Faculties of Medicine of Canada says it has a new blueprint for training Canadian medical students that addresses many of the challenges facing the current health-care system. **THE CANADIAN PRESS**

health & beauty **17**

Banning sexual information

Removing accurate reference books is counterproductive

The J Spot



metronews.ca/thejspot

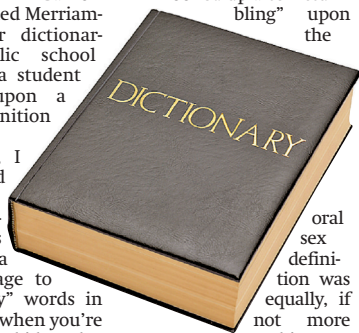
"Any kid with access to a computer and the ability to type ... into a search engine can get a lot more than a simple definition."

Last week, the Riverside County School District in California pulled Merriam-Webster dictionaries off public school shelves after a student "stumbled" upon a "graphic" definition for oral sex.

First of all, I doubt the kid "stumbled" upon the definition. It's pretty much a right of passage to look up "dirty" words in the dictionary when you're a kid. I'm sure kids today are not different.

And while the parent who complained may have found the definition — "oral stimulation of the genitals" — to be "graphic," I'm not quite sure how else one would define it.

In fact, I'm pretty sure the definition of the word "genitals," which this kid no doubt immediately looked up after "stumbling" upon the



to sit and read the dictionary, but we'll be looking to find other things of a graphic nature."

Are they serious? These days, any kid with access to a computer and the ability to type the words "oral sex" into a search engine can get a lot more than a simple definition. In fact, they can get definitions of it in Spanish, Italian and/or German as well as instructional videos on how to do it, pornographic images, and videos of it being done to information on how to protect oneself from STDs when doing it.

But luckily, the children of Riverside County will soon be protected from "stumbling" upon any graphic definitions as the district spokeswoman Betty Cadmus told the local paper that while "it's hard

Still, banning books for their sexual content goes on all the time. In fact, while the kids of Riverside County were being protected from definitions of oral sex, students at a school district in Virginia were being protected from young

holocaust victim Anne Frank's innocent description of her vagina in a 1995 version of The Diary of a Young Girl.

Recently, it's been reported that the teen pregnancy is on the rise for the first time in years. Some say this is no coincidence that this is happening after 10 years of mandated abstinence-only until marriage sex education in schools that has excluded or prohibited educators from teaching about contraception and condoms to young people in high school.

Keeping information about sex and sexuality doesn't help kids. Giving them solid, realistic and accurate information about it does. And frankly, I'd much rather my kid find out the definition of oral sex from a credible source such as the Merriam-Webster dictionary than a really seriously graphic porn website like oralsex101.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Uncooked chicken linked to urinary tract infections

CELIA MILNE
for Metro Canada



SEXUAL HEALTH A researcher at McGill University in Montreal has found that E. coli bacteria found in chicken can indirectly cause urinary tract infections in women.

This bacteria, called Escherichia coli, lives in the intestine.

It can cause illness, but can also live there without making someone sick.

The new study, led by

Amee Manges of McGill, found that in women, E. coli can spread from the anus to the vagina and urethra during sex, leading to an infection in the urinary tract.

Manges advised consumers to avoid contaminating kitchen surfaces and other foods with uncooked chicken juices.



Finding the resolve to keep New Year's resolutions

CELIA MILNE
for Metro Canada



HEALTH GOALS Many New Year's resolutions have been broken by now. Losing weight, exercising more, quitting smoking and reducing stress are laudable goals, but not easy to maintain. The good folks at Saint Louis University in Missouri bring us some tips for sticking to our resolutions.

• **SET ATTAINABLE GOALS** Instead of saying, "I'm going to reduce my stress," tell yourself how you will get



Declaring your health goals to your doctor will help you keep them.

there. For example, make a schedule that includes yoga three times a week.

• **HAVE A SUPPORT SYSTEM** Ask friends and family to help you.

• **DECLARE YOUR GOALS** Tell your family doctor or other trusted health professional what you are planning to do. This will ensure that the plan is safe to begin with and, once you are underway, will mean you are accountable to someone you respect.

• **BE POSITIVE** Instead of thinking about what you are giving up, picture yourself as you will be when you achieve your goals. For instance, if you're trying to lose weight, think about how good you will feel in a new, smaller size spring wardrobe.

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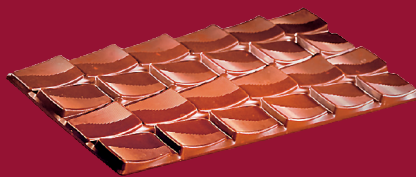
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Canadian wins culinary award

Justine de Valicourt of Montreal won the top spot in the eighth annual S.Pellegrino Almost Famous Chef Canada regional competition. Valicourt won for her signature dish of Venison in Wooden Flavours. **THE CANADIAN PRESS**

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Waves of chocolate

Shape matters in the competitive chocolate bar business. The makers of Nestlé Noir bars asked themselves: Why is chocolate made in almost flat squares? After three years and three dozen experimental shapes, they have introduced the wave. This new shape, its surface partly rippled, is meant to add visual appeal and improve that melt-in-your-mouth quality. **TORSTAR NEWS SERVICES**

Osmond perks up recipes

CBC host teaches back-to-basics cooking

CELIA MILNE
for Metro Canada

Kary Osmond will have you chopping, stirring and grilling in no time.

This bubbly brunette with big blue eyes blends cooking know-how with passion and flare. She's the host of CBC's new show Best Recipes Ever, on every day at 3 p.m.

Osmond, 30, grew up in a home where cooking was like breathing. Her parents owned a Ukrainian deli

spunk is what got her the job. "It's a dream come true," she says.

She was somewhat humbled after rehearsals, when CBC producers sent her home with a tape of herself, which she excitedly showed her husband. "I looked like a cooking show host on speed," she laughs. "I wasn't breathing or pausing. I was nervous."

Osmond taught herself to simmer down. She's now a veteran, with dozens of shows under her belt. Each show has a

to seam side up, on parchment-lined or greased rimmed baking sheet; roast in 400F (200C) oven until fish flakes easily when tested, about 10 minutes. (Or place on greased grill over medium heat; close lid and grill, turning once, until fish flakes easily when tested, about 10 minutes.)

Phyllo Cluster Apple Tarts
SERVES 4

INGREDIENTS:

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and catering business in Mississauga, Ont., so almost everything they did revolved around food. It was natural for her to help out, chopping vegetables and rolling Swedish meatballs even as a child. To this day, she thinks about cuisine all the time. "I sleep with cookbooks," she laughs.

In fact, Osmond thought all kids cooked, until she went away to school, where she realized none of her roommates had the faintest clue how to cook rice. So she taught them.

Osmond attended George Brown College Chef School and has worked as a chef. She always wanted to do a cooking show, but realized it might never happen. "I thought: How will I get started? I have no credibility. No one knows me." She took a job in marketing.

On the side, she planned a website for beginner cooks. She posted a temporary page showing her picture and bio. A recruiter for the CBC saw it and asked her to come in for an audition. Believe it or not, the audition was Osmond's first time in front of a camera. That freshness and

theme, such as Soup for Dinner or Best Three Appetizers. She chooses dishes from Canadian Living's 30-year-old recipe library Tested Till Perfect.

"I'm having the time of my life," says Osmond. "I'm so excited to teach Canada to cook. The recipes will turn out every time. I promise."

THE FOLLOWING RECIPES ARE
COURTESY OF BEST RECIPES EVER:

Roasted Salmon with Prosciutto

SERVES 4

INGREDIENTS:

- 1/4 cup (50 mL) Dijon mustard
- 2 Tbsp (25 mL) chopped fresh chives or green onions
- 1/4 tsp (1 mL) pepper
- 4 skinless salmon fillets (each 6 oz/175 g)
- 4 thin slices prosciutto (about 2 oz/60 g)

METHOD:

1. In small bowl, mix together mustard, chives and pepper; spread over both sides of salmon. Place fish, skinned side down, on prosciutto; wrap around fish.
2. Arrange fish, prosciutto

- 4 apples
- 3 Tbsp (50 mL) liquid honey
- 1/2 tsp (2 mL) cinnamon
- 1/2 tsp (2 mL) grated lemon rind
- 3 sheets phyllo pastry
- 2 Tbsp (25 mL) canola oil
- 25 mL
- 3 Tbsp (50 mL) sliced almonds, toasted

METHOD:

1. Peel and slice apples. In large nonstick skillet, bring apples, 1/2 cup (125 mL) water, honey, cinnamon and lemon rind to simmer over medium heat; cover and cook, stirring occasionally, until tender, about 15 minutes. Let cool.

2. Lay 1 sheet of phyllo on work surface, keeping remainder covered with damp tea towel; brush lightly with oil. Repeat twice, using all but about 1 tsp (5 mL) of the oil. Using sharp knife, cut into quarters. Gently push each into large muffin cup, separating layers to ruffle edges.

3. Divide apple mixture among cups; sprinkle with almonds. Brush remaining oil over ruffled edges of phyllo. Bake in centre of 350F (180C) oven until pastry is light golden, about 15 minutes. Serve warm.



Kary Osmond, host of the new show Best Recipes Ever, was recruited by the CBC based on a website she designed for beginner cooks. Her show airs daily and features a different theme each episode.



Phyllo Cluster Apple Tarts, above, Roasted Salmon with Prosciutto, below.



Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Spanish flare

No country understands the old adage of "sometimes you just can't catch a break" better than Spain. Even though it has been turning juice into wine since somewhere around 3000 BC it's still not considered a major player here in North America.

The problem is that what makes Spain unique in the wine world is actually holding it back. Its native grapes are generally hard to pronounce and don't always appear on its wine labels, which means they're not on the tip of the average consumer's tongue. And unless you've been there you probably know very little about Spain other than bull fights, tapas and Antonio Banderas.

Since fruit is the foundation of liquid leaning, meet tempranillo in the form of **Marqués de Cáceres' 2004 Crianza** (\$16.95 - \$21.79). As red grapes go, tempranillo is Spain's superstar and this Rioja-made crianza's mature black fruit (with subtle hints of wood and spice) is a perfect introduction.

Garnacha is the country's second most red popular grape with the jammy, mulberry rich **El Burro 2008 Kickass Garnacha** (\$12.90 - \$14.99) taking the New World road with an easy to read label and cutesy name that doesn't undermine the classic varietal flavours you'll find in the glass.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

James offers cash for canine

Jesse James really wants to find his missing dog — and he's willing to dig deep into his pockets. James just tweeted on Sunday that he was raising the reward for Cinnabun to an even \$5,000 US. The dog went missing a week ago in Long Beach, Calif. **TMZ.COM**

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

One for Haiti

Simon Cowell's Helping Haiti charity single was completed on Saturday night. The song, a cover of REM's Everybody Hurts, features 21 artists, including Rod Stewart, Mariah Carey, Jon Bon Jovi and Susan Boyle. **FEMALEFIRST.CO.UK**



Roberts finds Edge

Canadian actor lands major Hollywood roles

IAN GORMELY
for Metro Canada



In their never-ending attempt to entice moviegoers to their features, film studios often simplify complicated or convoluted plots in film trailers. But in doing so, they sometimes fail to convey the full scope of a movie. So is the case with *Edge of Darkness*, Mel Gibson's first acting role since 2003.

Trailers have sold the film as a revenge thriller with Gibson, cast as a father pushed to the edge trying to find his daughter's killer. And while that is at the heart of

the film, it's only one element of this multi-faceted film. "Yes, there's much more of a story there," jokes Shawn Roberts who plays Gibson's daughter's boyfriend in the movie. "It's one of those old fashioned movies."

That story, which also includes double crosses and political and corporate intrigue was based on a 1985 BBC se-



Canadian actor Shawn Roberts co-stars with Mel Gibson in action thriller *Edge of Darkness*.



Edge of Darkness is playing in theatres

ries of the same name and adapted, among others, by William Monahan who also penned *The Departed*.

Roberts, a Stratford, Ont., native who now spends most of his time in Vancouver, shared all of his scenes with Gibson, who he described more than anything as "just a

guy."

"He can go from being Mel Gibson, to being (his character) Thomas Craven in a flash. I'm sitting there on the side of the set getting ready for my seven pages of 'Oh my God, I'm just about to die' dialogue and he's fiddling around with stuff on set, and joking with crew members. And the second that rolling is called out, he's there and he's on."

To get the part

Roberts made an audition tape and sent it to the film's director, Martin Campbell. But after some reflection Roberts decided to send another.

"I made one tape up in Vancouver and sent it down, but I wasn't terribly pleased with it," he says. He decided to make another in the hopes that the director would disregard

the original. "You can keep it, you can send it," he thought, "but I'm making another one."

Despite the high profile Hollywood gig, which will be followed by a role in the latest instalment of the *Resident Evil* series, Roberts's still doesn't see himself as having "made it" in Hollywood.

"I think one of the strongest messages is don't come to Hollywood until they come calling," he says. "And I don't think I've made that transition yet."

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Madonna, Jesus split up: Report
Madonna has reportedly parted ways with her Brazilian model boyfriend, Jesus Luz, ending the relationship because they "ran out of things to talk about," according to Hollyscoop. **METRO WORLD NEWS**

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Transformers, Land lead Razzies pack

AWARDS Transformers: Revenge of the Fallen made a fortune. Land of the Lost tanked.

Both films are equal earners at the Razzies, though, grabbing seven nominations each on Monday, including worst picture of 2009 and worst-acting slots for Will Ferrell and Megan Fox.

Other worst-picture nominees: Sandra Bullock's romance All About Steve, the action tale G.I. Joe: The Rise of Cobra and the Robin Williams-John Travolta comedy Old Dogs. Bullock earned a worst-actress nomination for All About Steve. She's expected to score an Academy Award nomination today for her hit drama The Blind Side.

"She could be the first person ever to win a Razzie and an Oscar in the same weekend," said John Wilson, founder of the Golden Raspberry Awards, now in their 30th year of singling out Hollywood's low points. Winners will be announced March 6, the night before the Oscars.

Razzie voters also are making worst-of-the-decade picks. The worst-picture nominees are Travolta's Battlefield Earth, Tom Green's Freddy Got Fingered, Ben Affleck and Jennifer Lopez's Gigli, Lindsay Lohan's I Know Who Killed Me and Madon-

"(Sandra Bullock) could be the first person ever to win a Razzie and an Oscar in the same weekend."

John Wilson

na's Swept Away.

Affleck and Travolta are up for worst actor of the decade, along with Eddie Murphy, Mike Myers and Rob Schneider. Lohan, Lopez and Madonna are nominated for the decade's worst actress, along with Mariah Carey and Paris Hilton.

Wilson said the worst-actress category probably would come down to Hilton and Lohan, while "Eddie Murphy I would guess would be pretty hard to beat as worst actor of the decade."

Razzie 2009 nominees also include Miley Cyrus as worst actress and her dad, Billy Ray, as worst supporting actor for Hannah Montana: The Movie.

Robert Pattinson was nominated as worst supporting actor for The Twilight Saga: New Moon. Co-star Kristen Stewart is in the running for worst screen couple paired with either Pattinson or New Moon player Taylor Lautner.

THE ASSOCIATED PRESS



Transformers: Revenge of the Fallen has been nominated for seven Razzies, which honours the worst films of the year.

Lost for the last time

Fans bid farewell to series stars at Hawaii premiere

What is that black smoke monster? Will Jack's plan to rewrite history work? Will Sun be reunited with Jin? Will the real Locke please stand up? What happens to the island? What does it all mean? How will it end?

Thousands of fans travelled from around the world to the home of Lost in a quest to get some answers to the questions that have piled up in the first five seasons. And they finally got what they



Lost star Josh Holloway waves to fans at Saturday's Honolulu screening of the season premiere of the ABC series.

were searching for — sort of.

A crowd of about 12,000 — some wearing bikinis —

on Waikiki Beach were treated this weekend to a special screening of the season premiere, which airs tonight on ABC and CTV and kicks off the sixth and final season of the castaway drama. Stars and directors of Lost made an island-style, red-carpet appearance and bid "aloha" to the fans and each other.

Actor Josh Holloway soaked it all in amid a chorus of screaming, photo-snapping women packed 10 deep behind metal gates.

"It's like being in high school. It's like being a senior — getting near the last days of school," said Holloway, who stars as hunky, bad-boy Sawyer.

In 16 episodes, the emotional journey will be ending for the characters and actors, most of whom were unknown before Lost.

"I was a struggling actor in the U.K. I came to Hawaii and now I'm on a hit show, so it's changed my life totally," said Henry Ian Cusick, who plays Desmond.

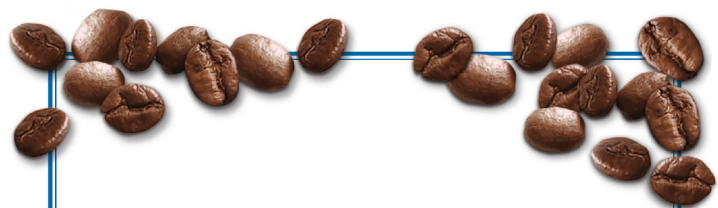
Nestor Carbonell, who plays Richard, the ageless Other, called it an "incredible ride," that he's not so certain he wants to end.

Evangeline Lilly, who stars as sexy jailbird Kate, said it'll be an "end of an era" for her personally. She was 24 when she joined the show and will be 31 when the show wraps this summer.

"This show has carried me through some significant years and I'm going to miss it," she said.

"I'm also excited. I'm excited for the freedom and opportunity it'll bring. But it'll be bitter-sweet."

THE ASSOCIATED PRESS



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Heaton returns to family role in The Middle

Patricia Heaton is a wife and mom again.

Of course, much is changed on The Middle, her freshman ABC domestic comedy, after Everybody Loves Raymond, where for nine hit seasons she played a frazzled hausfrau opposite Ray Romano.

"It's not normally a great choice, to repeat yourself," says Heaton, acknowledging her knee-jerk reluc-

tance to go home again, sitcom-wise. But The Middle, which airs Wednesday at 8:30 p.m. ET, offered her a different place to settle.

"It's from the mom's point of view, and it's not with a bumbling dad who can never do anything right," she says. "It's about trying to keep the marriage lively and raise the kids right, but not having enough time and energy to



Heaton

do any of those things." The Middle — presided over by its middle-class, near-ing-midlife couple, the Hecks — is rooted firmly in the Midwest. There, home is more loving and hopeful than on

Raymond, if not less challenging, frantic and funny.

And frumpy. At 51, Heaton is a looker, but as pushed-to-the-limit housewife Frankie, she looks authentically dressed down.

"The plainer I am, the better," says Heaton. "I have these bangs that I clip on. The bangs are the last thing to go on. Then, I can really do the character."

THE ASSOCIATED PRESS

Chuck taps Willard, Swoosie

Chuck has tapped Fred Willard and Swoosie Kurtz to guest star as a Hart to Hart-esque spy couple now over-the-hill but still in the game. **EW.COM**

Remembering Kate McGarrigle

Rufus and Martha Wainwright both sang yesterday at a funeral celebrating the life of their mother, renowned folk artist Kate McGarrigle.

"I will miss her smile, I will miss her hands," Rufus Wainwright told the congregation of about 500 gathered at Montreal's Notre-Dame Basilica.

"I will miss her reckless humour."

Martha Wainwright led a chorus of McGarrigle's last song, Proserpina, and said she would always carry her mother in her thoughts and her heart.

Emmylou Harris, who covered McGarrigle's music, also performed at the two-hour service in honour of the singer, who died two weeks ago after a battle with cancer at age 63.

McGarrigle and her sister Anna became known as the McGarrigle Sisters and began their careers performing at Montreal coffeehouses in the 1960s with a group called the Mountain City Four.

Their first album, Kate



Rufus Wainwright is kissed by sister Martha following the funeral of their mother, Kate McGarrigle in Montreal yesterday.

and Anna McGarrigle, was released in 1975 to critical acclaim. It was selected as one of the best albums of the year by London's Melody Maker and the New York Times.

Some of their most well-known tunes included The Work Song, Cool River and Lying Song.

But they were perhaps best-known to Canadians for their distinctive rendition of Wade Hemsworth's The Log Driver's Waltz, which was featured in a 1979 animated short done by the National Film Board.

THE CANADIAN PRESS

DVD picks



Zombieland

Director: **Ruben Fleischer**

THIS IS A ROAD movie and a buddy comedy, and it's funny as hell, but it's first and foremost a horror thriller about killing zombies. This means a lot of gnawed limbs, exploded skulls and things that go "ick" in the night — and day.

It's a point worth underlining, maybe even in blood, because the film Zombieland most resembles is Shaun of the Dead, which wasn't anywhere near as gory.

If you can't "nut up or shut up," as Woody Harrelson's redneck zombie

zapper Tallahassee commands, then you're not even as brave as Woody's travelling companion Columbus, played by Jesse Eisenberg with his usual neurotic intensity.

Columbus can't make it with the ladies, even undead ones, but he's learned how to handle a shotgun (he's a crack shot, too). In his secondary role of narrator, he lists the survival rules he's developed to evade and eliminate zombies (No. 1: Have good cardio for running).

Neither of these well cast dudes is a match for sisters Wichita (Emma Stone) and Little Rock (Abigail Breslin), fellow drifters on the body-strewn road.

Together they pinball across the country, heading towards the California amusement park they've heard might be zombie-free.

First-time director Ruben Fleischer, who hails from video games, and his TV screenwriters Rhett Reese and Paul Wernick have stitched together a real Frankenstein of a

plot, but don't take that as a bad thing — and watch for the best cameo of 2009. Nut up or shut up!

Extras include cast and crew commentary, deleted scenes and making-of featurettes.



Amelia

Director: **Mira Nair**

EVERY UTTERANCE BY Hilary Swank in her interpretation of flying legend Amelia Earhart seems like either a motivational bromide ("What do dreams know of boundaries?") or a statement of female empowerment ("I

want to be free").

Mira Nair's film strives too hard to be profound and not enough to be merely human. Swank bears a resemblance to Earhart, but her problematic accent sounds more like Annie Oakley and her various declarations are almost entirely banal.

What's lacking is any real sense of the woman behind the cardboard sentiments, the one who grew from a Kansas farm girl fascinated by flight into a record-breaking aviatrix whose mysterious 1937 disappearance over the South Pacific still fascinates the public mind.

"There's more to life than being a passenger," Earhart says early on, but the film ultimately takes all of us for a ride.

Extras include deleted scenes, featurettes and Movietone News.

Peter Howell/for Metro Canada

On the web

Read our review of Black Dynamite at metronews.ca/movies

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For February 1st

9 Lady Gaga ft Beyonce - Telephone
8 Young Money Ft Lloyd - Bedrock
7 Hedley - Don't Talk To Strangers
6 Black Eyed Peas - Imma Be
5 Justin Bieber Ft Ludacris - Baby
4 Girlicious - Over You
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2/2/10	31	31	31	ABC	News Centre 5	World News	Inside Edition	Chronicle	Lost "Final Chapter" (N)	Lost "LA X (Parts 1 and 2)" (N)		
	7	7	7	ASN	The Road to Avonlea	Degrassi	TMZ (N)	Kids in Hall	Comedy	CBC News: The National	The Hour	
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Providence (HDTV) (N) (SC)	Trauma (N) (SC)	Le Téléjournal	
	2	2	2	CBC-F	Pyramid (SC)	Union-force	Virginie (SC)	La Factice	NCIS "Masquerade" (N)	NCIS: Los Angeles (N)	The Good Wife	
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	Rock et rol	La Promesse (HDTV) (N) (SC)	TVA nouvelles	
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Factice	La Factice	NCIS "Masquerade" (N)	NCIS: Los Angeles (N)	News Final (N)	
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Bad"	American Idol (HDTV) (N)	Podium TV	Community Matters		
	9	9	9	CJCH	etalk	Access H.	Criminal Minds	American Idol (HDTV) (N)	Kitchen Nightmares (N)	Fox First		
	10	10	10	ELTV	(6) EastLink Television	The Simpsons	TwoHalf Men	TwoHalf Men	The Biggest Loser	The blue and yellow teams return. (N)	Jay Leno Show	
	36	36	36	FOX	Seinfeld	The Simpsons	TwoHalf Men	TwoHalf Men	The Biggest Loser	The blue and yellow teams return. (N)	Jay Leno Show	
prime time	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser	The blue and yellow teams return. (N)	Jay Leno Show	
	29	29	29	NW	(6) Power & Politics	Connect Today's biggest stories. (N)	Greater Boston	Maria Hinojosa	Nova (HDTV) (N) (DVS)	Frontline "Digital Nation" (N) (DVS)	Frontline (N)	
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	50	50	50	BET	106 & Park: BET's Top 10 Live	Sounds Like Motown	Live at the Rehearsal Hall	The Musical Brain	Nova (HDTV) (N) (DVS)	Frontline "Digital Nation" (N) (DVS)	Frontline (N)	
news	37	37	37	BRVO	Emily of New Moon	Shaye: This Is It	Just for Laughs	Missing Link	Nova (HDTV) (N) (DVS)	Frontline "Digital Nation" (N) (DVS)	Frontline (N)	
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	201	201	201	M1	Bee Movie ** (2007, Comedy)	Rock, Paper, Scissors: The Way of the Tosses	Rock, Paper, Scissors: The Way of the Tosses	Rock, Paper, Scissors: The Way of the Tosses	Nova (HDTV) (N) (DVS)	Frontline "Digital Nation" (N) (DVS)	Frontline (N)	
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critics' corner

Lost
The Emmy-, Golden Globe- and Peabody Award-winning series returns for its final season with "LA X (Parts 1 and 2)," a two-hour episode wherein the aftermath from the detonation of the hydrogen bomb is revealed. Was Juliet (Elizabeth Mitchell) able to reset time, allowing Oceanic Air 815 to land safely in Los Angeles, or did the bomb destroy the island and all its inhabitants? Matthew Fox and Evangeline Lilly also star. 10 PM on ABC, CJCH



The Musical Brain
For better or worse, we're always getting songs stuck in our heads. But what do they do once they get in there? This special explores how the brain interprets music and uses it to shape our view of the world. It includes insights from such acclaimed musical artists as Sting, Wyckle Jean, Michael Buble and Feist. 10 PM on BRAVO

The Ruins
It's terror time for more youths who venture where they shouldn't in this horror story, adapted by Scott B. Smith from his own novel. Jena Malone ("Into the Wild"), Shawn Ashmore ("X-Men") and Jonathan Tucker are among those playing vacationers lured into an excursion to a Mayan temple. The group encounters not only hostile locals but vines that appear to have a life of their own as they ward off intruders. 11:30 PM on M1

Bar Refaeli loves wearing cheap underwear. The stunning model — who is the on/off girlfriend of Leonardo DiCaprio — admits she boycotts expensive panties for cheaper ones because she thinks luxury underwear is a waste of money, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

JONATHAN ROSS is making unpleasant discoveries and **KATY PERRY** keeps getting into trouble on Twitter.
@wossy I just coughed and a little piece of something I ate in 1985 has emerged. Back to bed for me...
@katyperry sorry mom, again. **METRO WORLD NEWS**



Ricky Gervais keeps it real

AMEN TO THIS Ricky Gervais is stirring up controversy after suggesting that certain people should be forbidden from reproducing. "What there is, is too many useless people. Too many people who shouldn't have children," Gervais tells the Sunday Times. "If there's a woman in leggings, eating chips with a (cigarette) in her mouth, sterilize her." Gervais says he and his longtime girlfriend, Jane Fallon, have decided not to have children, explaining that it's "too much hassle."

METRO WORLD NEWS



Wood tries to kick habit

ON THE WAGON, WITH A LITTLE HELP Ronnie Wood is taking anti-craving tablets to help him stop drinking, femalefirst.co.uk reports. The Rolling Stones rocker is reportedly taking one Campral tablet everyday to help him cope with the withdrawal symptoms as he attempts to reduce his alcohol intake. Campral is the brand name for Acamprosate, which helps treat people with alcohol dependency by stopping neurotransmitters in the brain getting overexcited by alcohol withdrawal.

Apparently, the 62-year-old guitarist agreed to take the medication in a last-ditch effort to avoid being admitted to rehab. A source said: "Rehab is a last resort — he wants to do cold turkey himself."

Wood — who has battled alcoholism for years — fell off the wagon in 2008, leaving his wife of 23 years Jo for now ex-girlfriend Kasia Ivanova, femalefirst.co.uk adds.

METRO NEWS SERVICES



Tito under fire

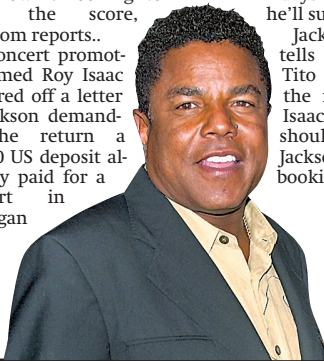
MJ ... THE GOSSIP TABLOID GIFT THAT NEVER STOPS GIVING Tito Jackson is accused of single handedly torpedoing a Michael Jackson tribute concert last year — and now the guy behind the show is looking to settle the score, TMZ.com reports.

A concert promoter named Roy Isaac has fired off a letter to Jackson demanding he return a \$7,500 US deposit allegedly paid for a concert in Michigan that never happened.

Isaac tells TMZ the whole thing fell apart, in part, because Jackson refused to do any press for the show. Now, Isaac has told Jackson that he wants his money back — in 30 days — or else he'll sue.

Jackson's rep tells TMZ that Tito never got the money and Isaac's beef should be with Jackson's former booking agent.

METRO NEWS SERVICES



Bell, Shepard engaged

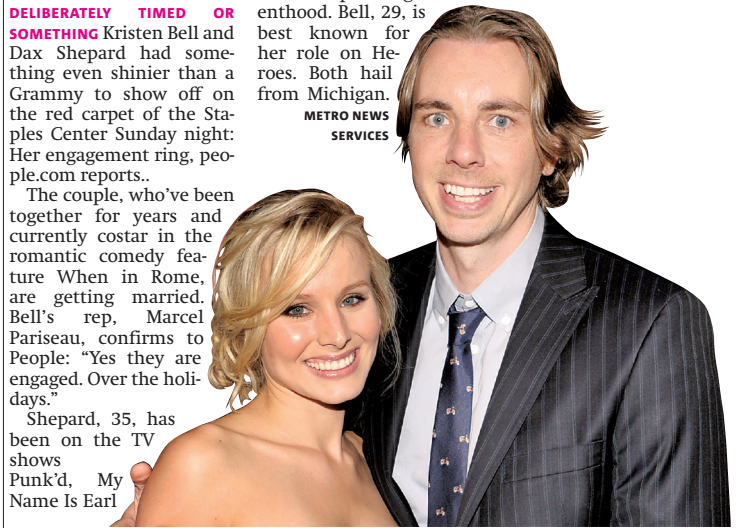
WOW ... IT'S LIKE IT WAS VERY DELIBERATELY TIMED OR SOMETHING Kristen Bell and Dax Shepard had something even shinier than a Grammy to show off on the red carpet of the Staples Center Sunday night: Her engagement ring, people.com reports.

The couple, who've been together for years and currently costar in the romantic comedy feature When in Rome, are getting married. Bell's rep, Marcel Pariseau, confirms to People: "Yes they are engaged. Over the holidays."

Shepard, 35, has been on the TV shows Punk'd, My Name Is Earl

and the upcoming Parenthood. Bell, 29, is best known for her role on Heroes. Both hail from Michigan.

METRO NEWS SERVICES



No V-Day plans for Miley

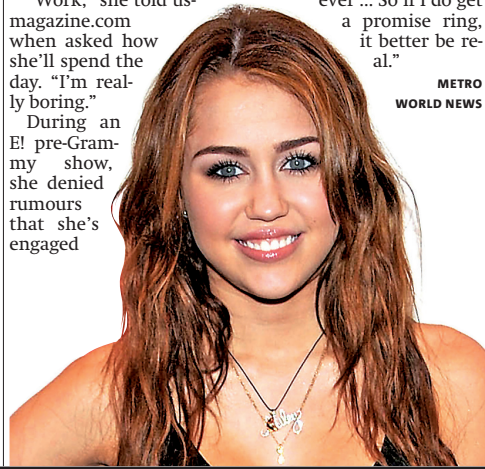
SOMEONE PHONE UP R. KELLY Miley Cyrus — who has been spotted smooching Aussie actor (and Last Song costar) Liam Hemsworth — doesn't have any plans for Valentine's Day this year, usmagazine.com reports.

"Work," she told usmagazine.com when asked how she'll spend the day. "I'm really boring."

During an E! pre-Grammy show, she denied rumours that she's engaged

— or that she's been wearing a promise ring. "I bought it myself," Cyrus, 17, said of the bling. "And I got it made in London, and everyone thought it was diamond when it wasn't. It was the cheapest thing ever ... So if I do get a promise ring, it better be real."

METRO WORLD NEWS



Book recalls intervention

HAPPY 8-DAY, QUIT DOING DRUGS Elton John once used Donatella Versace's daughter's birthday party as a ruse to stage an intervention for the designer, according to a new book. House of Versace details how Allegra Versace allowed John to use her 18th birthday in 2004 as a chance to confront Donatella about her long-term drug use.

It worked apparently, as the designer reportedly boarded a private plane and flew to a rehab facility in Arizona the same day.

METRO WORLD NEWS



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Be one of **850** guests to join us on Thursday February 25, 2010

Cunard Centre (961 Marginal Road, Halifax)
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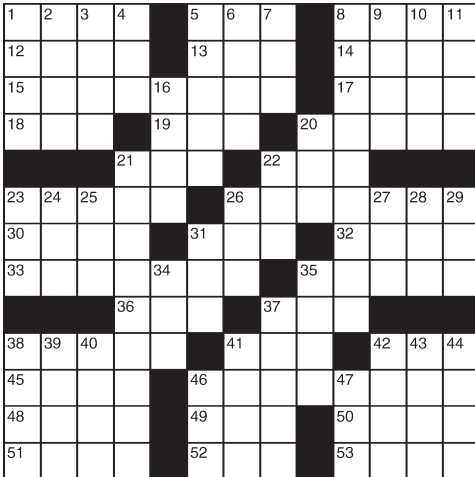
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Take Five



ACROSS

- 1 Cleanser
- 5 Aviate
- 8 "Consarn it!"
- 12 Diamond
- Head locale
- 13 "7 Faces of Dr. —"
- 14 Sand-wich cookie
- 15 Leave the witness stand
- 17 Corrosion
- 18 Resistance unit
- 19 Coffee shop vessel
- 20 Trap
- 21 Dos Passos trilogy
- 22 Addressee
- 23 Representative
- 26 Showing 33-
- Across
- 30 Parliamentarian
- 31 Upper limit
- 32 Defeat decisively
- 33 Ennui
- 35 Wherewithal

- 36 Ply oars
- 37 That girl
- 38 At the stern
- 41 Slithery squeezer
- 42 Billboards
- 45 Texas city
- 46 Track
- 48 Fancy rental car
- 49 Buck's mate
- 50 Staff
- 51 Undo a dele
- 52 Whatever number
- 53 Surrounded by

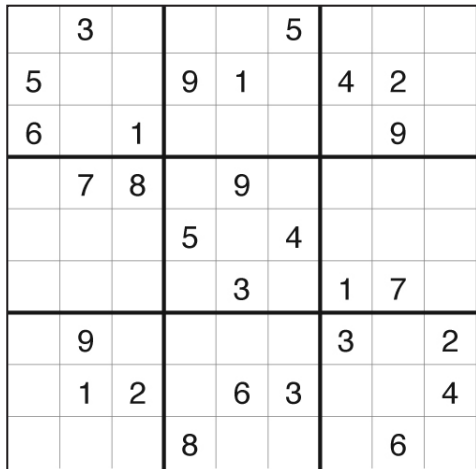
DOWN

- 1 Mediocre
- 2 Inauguration recitation
- 3 Throat-clearing sound
- 4 Litter member
- 5 Plant life
- 6 Gnome home?
- 7 Thither
- 8 Australia
- 9 Geometry find
- 10 Approach
- 11 Clinton's veep
- 16 White-glove find
- 20 Spread seeds
- 21 In the way
- 22 Shriek bark
- 23 Priestly vestment
- 24 Sticky stuff
- 25 Blunder
- 26 Sweet potato
- 27 Glass of NPR
- 28 Sister
- 29 "Pygmalion" playwright's monogram
- 31 Intimidate
- 34 Speck
- 35 Vegan's no-no
- 37 Nonsense
- 38 Piercing tools
- 39 Fisherman's supply
- 40 Pinnacle
- 41 Blessing
- 42 Teensy bit
- 43 Sandwich shop
- 44 Raced
- 46 Rx watchdog org.
- 47 Resort

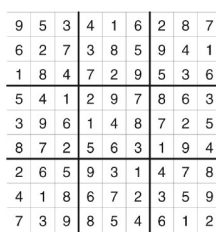
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

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Metro Recipe of the Day



Salmon and Artichoke Open Omelette

INGREDIENTS:

- 8 eggs
- 1/4 lb (125 g) smoked salmon slices
- 1 tbsp (15 ml) chopped fresh dill
- 3 tbsp (45 ml) sour cream
- 1 1/2 tbsp (20 ml) butter
- 14 oz (398 ml) can baby artichokes, rinsed and quartered

METHOD:

1. Break eggs into large bowl and add 3 tbsp (45 ml) water and seasoning. Beat until combined but not foamy.
2. Cut salmon slices into 4 x 1 1/4 in. (10 x 3 cm) ribbons. Stir dill into sour cream. Preheat Broiler.
3. Heat butter in nonstick frying pan that can go under grill. When butter looks foamy, pour in egg. Cook over high heat until

egg starts to set underneath. Using back of fork, stir so that liquid egg runs under set mixture.

Leave to cook until omelette starts to brown underneath. 4. When omelette looks almost set, quickly top with smoked salmon strips and scatter artichoke over. Remove pan from heat and slide under grill; cook until lightly browned on top. 5. Remove from heat. Spoon dollops of sour cream on to omelette, which will melt to make light sauce. Cut into wedges and serve.

SERVES 4

rd.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Don't worry if you've been finding it difficult to get along with a certain individual. Venus, planet of harmony, will help you overcome your differences.



TAURUS
APRIL 21-MAY 21
If there is something you want done, something that is important to you, there is no alternative but to do it yourself.



LIBRA
SEPT 23-OCT 23
Someone you live with or work alongside is being less than honest about what they intend to do and what they could do for your livelihood.



SCORPIO
OCT 24-NOV 22
Why are you worrying about things over which you have no control? Whatever the reason your task now is to embrace the unknown.



GEMINI
MAY 22-JUNE 21
If you let others set the rules of the game today they will inevitably fix them so that they win and you lose.



SAGITTARIUS
NOV 23-DEC 21
Take a break from your work and think about the direction in which your life is moving. Sometimes Sagittarians can stray off course a little.



CANCER
JUNE 22-JULY 22
Think long and hard before ending an association that won't be easy to resurrect. You may be angry with someone for letting you down.



CAPRICORN
DEC 22-JAN 20
You are attaching far too much importance to other people's opinions and not enough importance to your own beliefs.



LEO
JULY 23-AUG 23
Loved ones will be extra demanding today and if you get through to bedtime without losing your cool you will have done very well indeed.



AQUARIUS
JAN 21-FEB 18
If you think that someone is wasting your time then let them know you don't take kindly to those who tell you one thing but mean another.



VIRGO
AUG 24-SEPT 22
Take it easy today, and for the next few days, because there are some busy times ahead. Changes on the work front could affect you.



PISCES
FEB 19-MARCH 20
Put minor issues out of your mind and focus only on the things that really matter. Some people may be upset that you have no time for them, though.



This day in history

- 1899: The Australian Premiers' Conference held in Melbourne decides to locate Australia's capital (Canberra) between Sydney and Melbourne.
- 1901: Queen Victoria's funeral takes place.
- 1922: Ulysses by James Joyce is published.
- 1943: Second World War: The last German forces surrender to the Soviets after the Battle of Stalingrad.
- 1990: Apartheid: F.W. de Klerk allows the African National Congress to function legally and promises to release Nelson Mandela.
- 2007: Four tornadoes hit Central Florida, killing 21 people.

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*Taxes & other fees
(including service charges): \$122

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*Taxes & other fees
(including service charges): \$213

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*Taxes & other fees
(including service charges): \$213

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Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
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(including service charges): \$297

Grand Bahia Principe
Punta Cana • 5 ★
All-Inclusive • Junior suite
Mar. 6 • 1 wk.

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*Taxes & other fees
(including service charges): \$297

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Celebrity SummitSM
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